



FREEDOM 
FROM SMOKING®



Vape, Smoke or Chew? Quit Tobacco for Good!

Where: Glide Community Center
20062 N Umpqua Hwy., Glide

When: Thursdays, 1:00 - 3:00 p.m.
March 5 - April 16, 2020

No Charge to Attend - Sign Up Today!
541-672-9596, ext. 430 or cnorona@aviva.health

1-800-LUNGUSA

www.lung.org



AVIVA HEALTH

www.aviva.health



*Serving the Community
Since 1975*



Hope. Health. Life.

My Reasons to Quit:

- 1 Family
- 2 Friends
- 3 Money
- 4 Health



It's time to be tobacco-free for good.

NO CHARGE TO ATTEND!

Call Cindy: 541-672-9596, ext. 430

EVERYONE WELCOME!

cnorona@aviva.health