



Geaux FREE

QUIT TOBACCO TODAY!

FREE TOBACCO TREATMENT SESSIONS CAN HELP YOU KICK THE HABIT

Call **(225)215-1274** for more information.

Our Geaux Free Tobacco Cessation Program can help you kick the habit and prepare for:

- Quitting
- Managing withdrawal symptoms
- Identifying triggers that create urges
- Learning new behavior and skills to remain tobacco-free
- Developing a support network

Participants may qualify to receive free medication.

For more information or to enroll in this free program, please contact Prevention and Education Specialist Chrishelle Stipe at cstipe@marybird.com or (225)215-1274.

MBPOLOL.ORG/GEAUXFREE

 **MARY BIRD PERKINS
OUR LADY OF THE LAKE** 
CANCER CENTER