



Freshstart®

**Are you
ready to quit
smoking?
We can help!**

**No charge. No pressure.
Flexible days/times.
Casual atmosphere.
Get the information, strategies
and group support you need
to stop smoking and have
a fresh start in life!**

**Classes are being formed now.
Call 641-422-9085 to register
or for more information.
Bring a friend!**

**Freshstart is an American Cancer Society facilitator-based
adult smoking cessation program offered in partnership
with Cerro Gordo County Department of Public Health,
Mason City Parks & Recreation Department,
and Mercy Medical Center-North Iowa.**