

Are you ready to Quit Tobacco Use?

We can help.



How:

- Learn the most effective steps to quit tobacco use
- Design your own *Personalized Quit Plan*
- Receive professional support and encouragement
- Provided by a Mayo Clinic Trained Tobacco Treatment Specialist , Brian Nowak
- Each session is only 30 minutes

Where and When:

- Medina County Drug Abuse Commission (MCDAC)
Professional Building, 120 W. Washington St. 3-B
- By appointment—call 330-722-9263

Cost:

- **FREE!** No Cost for this unique and specialized service.

