



“SENSATIONAL” CESSATION

offered at your Wabash YMCA



Beginning Thursday, April 15 at 6:30 p.m.

Eight weeks for one hour

Accepting adult tobacco users ready to quit to be part of a study Cessation group

Accepting The First 10 People That Sign - Up

The “sensation” of Cessation is enlisting to diet and exercise while you prepare yourself to quit your use of tobacco

A TOTAL BODY RECOVERY EXPERIENCE!

You get:

- **Cessation** instruction to help you quit
- **NRT** (Nicotine Replacement Treatment) for those that set a quit date before the class is over
- A **dietician** to help you with a diet that will control your weight while you quit
- An **exercise guru** to establish a program to help recover your lung capacity and recondition your body
- Techniques to release **stress** and to relax



\$10.00 for YMCA members

\$50.00 for non-members

Free access to the Y facilities during the 8 week class session

Check at the front desk to register

