

Smokers and people who vape can have a weaker immune system.
NOW could be the best time for you to make a quit plan.



**Take this time to
make the time to quit!**

**YOU CAN DO IT!
One less puff at a time.**

Franciscan Health's Aspire Tobacco Treatment Specialist will create an individualized quit plan specifically for you.

2 Options are Currently Available

***One-On-One Telephonic Appointments**

*** Go-to-Meeting Weekly Support Group on Wednesday 3-4 p.m.**

The Aspire Program is FREE to all EMPLOYEE & SPOUSES

\$50 One-time fee to public

For more information or to sign up e-mail

Laura.Arent@franciscanalliance.org

