



Freshstart®

Have you been looking for help with quitting smoking?

Do you want to access to a free resource which will get you through the first cravings– and beyond?

Healthy Acadia has a FOUR WEEK training that is just right for you!

You will:

- **Make a plan to ensure the right support before and after your quit**
- **Set a quit date**
- **Follow through with help from people interested in your success!**

SIGN UP NOW

Contact:

**Angela Fochesato,
Freshstart Facilitator for
Healthy Acadia**

by emailing or calling:

angela@healthyacadia.org

207-255-3741, ext. 103

**Date: Mondays, November
5th through 26th, 2018**

Time: 5:15–6:15pm

**Location: 121 Court Street,
Suite A**