

# Kick the Habit !!!

*Quitting smoking is one of the best things you can do for yourself and your loved ones.*

**To kick the habit for good, you need motivation, sound strategies, and lots of support.**

**The Stop Smoking Group at the Emory John's Creek Hospital Family Medicine Center can help you in all three areas.**

**Please join us!**

**For more information, or to enroll in the group, please call 404-778-6920.**