



Smoking Cessation Group

Wednesdays 6:30-7:30 pm

Addiction Counseling and Education Services (ACES)

2601 W. Marquette Rd. 60629

\$160 for 8 onehour sessions

To register please call (773) 349-8052

Daytime group and group at 721 N. LaSalle also available (call for date and time)

- Smokers who are part of a stop smoking support group increase their chance of success
- Learn proven techniques for quitting smoking
- Your health improves 20 minutes after quitting-blood pressure drops and hands and feet return to normal temperature
- Two weeks after quitting your circulation improves and your lung function increases up to 30%
- 1 out of 2 long term smokers will die from tobacco
- One year after quitting your risk of coronary heart disease is half that of a smoker
- Five years after quitting stroke risk is reduced to that of a non smoker