

Jackson Health System  
Tobacco Cessation Program

# Quit Smoking Now.

You Could  
Live More than  
10 Years Longer.

We've helped hundreds kick the habit. If you're a smoker, sign up for your first FREE smoking cessation class. Learn self-hypnosis, get free nicotine patches and find a support group to help you quit faster.

Register now by contacting  
Mabel M. Castro, CTTS, Tobacco Cessation  
Coordinator, [305-585-5319](tel:305-585-5319) or  
[mabel.castro@jhsMiami.org](mailto:mabel.castro@jhsMiami.org).



Program supported by  
grant funding from:



The Centers for Disease Control and Prevention (CDC) states that the average smoker will die 14 years earlier – 13.2 years for men and 14.5 years for women.

[www.jhsMiami.org](http://www.jhsMiami.org) • 305-585-5319



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# Give Your Baby A Present: More Oxygen.

Stop Smoking For  
A Safe Pregnancy

**FREE Classes for you and your family • Proven Strategies To Help You Quit**

Program supported by  
grant funding from:

**Jackson**  
HEALTH SYSTEM



**UNIVERSITY  
OF MIAMI**

AHEC - AREA HEALTH  
EDUCATION CENTER



[www.jhsmiami.org](http://www.jhsmiami.org)  
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