

# SMOKERS!

*We can help you quit!*

## Smoking Cessation Program



**Program includes:** *\$20 Enrollment fee required*

- Counseling
- Nicoderm patches
- Breakfast gift certificates

**Enroll today!**

**All AHC students and staff welcome.**

*We encourage you to bring a friend (smoker or non-smoker)*

**You can do it!**

Individuals who quit before the age of 35 have a life expectancy similar to those who have never smoked. *(Center for Disease Control and Prevention CDC)*

Sponsored by AHC Student Health Services and Santa Barbara County Tobacco Prevention Settlement Program

[www.hancockcollege.edu](http://www.hancockcollege.edu)

**Santa Maria Campus**  
800 South College Dr. - Bldg W-12  
Santa Maria CA 93454  
**Call: 922-6966 ext. 3212**

**Lompoc Valley Center**  
One Hancock Dr. - Bldg 1-109  
Lompoc CA 93436  
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