

Ask us about our Smoking Cessation Program!

It is important that you stop smoking ASAP! We Care and we want to help!

We will customize a treatment plan for you!

Benefits of Smoking Cessation

1. I will have many health benefits for myself
2. Healthier for my family
3. I will save Money
4. It will improve physical appearance
5. I won't smell like smoke in my clothes and hair.
6. My sense of taste will improve.
7. My sense of smell will improve.
8. My body will start healing right away.
9. I will have more energy and focus.
10. I will feel more physically fit
11. I will have whiter teeth and healthier gums
12. I will cough less and breathe easier.
13. I will lower my risk of cancer, heart attack, stroke, emphysema, chronic bronchitis, and cataracts
14. I will reduce the risk of fertility problems, premature births, and lower birth weight babies.
15. I will no longer expose my family and friends to secondhand smoke which causes health risks.
16. I will be proud of myself.
17. I will make my family, friends, and coworkers proud of me.
18. I will be a better role model for others, especially my kids.
19. I will feel more control of my life.
20. I will save time by not taking cigarette breaks, buying cigarettes, or searching for a light.

Call Horizon Healthcare at 842-4617 to enroll.