

# Going Cold Turkey?



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Tobacco use can lead to serious health problems. The good news is that quitting can decrease your risk for developing cancers, coronary heart disease, stroke, COPD and peripheral vascular disease. Not only that, but you will also LOOK and FEEL healthier, too. Symptoms such as coughing, wheezing and shortness of breath will begin to decrease, as well as elevated blood pressures and heart rates.

Quitting tobacco can be a long journey, and may take a few attempts. But you shouldn't give up – the benefits heavily outweigh the risks. To help you on this important journey, Jupiter Medical Center is offering a six-week smoking cessation course at no cost.

Our class is proven effective and features:

- Group Support
- Relapse Prevention
- Free Nicotine Replacement Therapy

For more information, or to register for one of our classes, please call **(877) 819-2357**.

 **JUPITER MEDICAL CENTER**  
**So Much More Than Medicine**

1210 S. Old Dixie Hwy., Jupiter, FL 33458  
jupitermed.com • (561) 263-2234