



VIRTUAL INTERACTIVE CLASSES AT NO COST TO YOU

To Help You Stop Smoking

We know it's not easy to quit and you don't have to do this alone! This 4-class series meets 1 time per week on-line where we will inspire tobacco users to overcome addiction and provide support for quitting.

Call for a Fresh Start Today.

1-800-391-2000

Log in to the KFHC Member Portal:
kernfamilyhealthcare.com

Class topics for each week:

1. Why Start
2. When to Start
3. Making the Change
4. Keeping the Goal!

Get up to **\$100** worth of gift cards to help you quit smoking and stay healthy!

For each* class you complete, you get rewarded with a gift card. You can choose gift cards from Amazon, Finish Line, Nike, Starbucks, Target or Walmart.

Don't wait, REGISTER today! (By Phone or the Member Portal)



*Limits may apply