

**This season, give yourself a gift...**



**Break the habit and make a  
Fresh Start**



**Fresh Start**

**Quit smoking program**

**Thursdays**  
**January 10-31, 2013**  
**5:30pm-6:30pm**  
*at the*

**Durham County  
Department of  
Public Health  
414 E. Main St  
Durham**

*Fresh Start is a free program that  
meets for one hour each week for four  
sessions. To register or  
for more information,  
contact Joanie Ross at 560-7765*

**a Gift for Life!**



Public Health