

It's time... to kick butts...

Benefits from quitting tobacco

- Sharp Learning
- Better Vision
- Clean Mouth
- Clear Skin
- Decreased Heart Risk
- Lower Cholesterol
- Stops Further Lung Damage
- Lower Cancer Risk
- Stronger Muscles
- Stronger Bones



COME TALK TO OUR PHARMACISTS AT LEN'S DRUG FOR MORE INFORMATION

Watch for the American Lung Association's "FREEDOM FROM SMOKING"
Classes starting in February.

RESOURCES

- Pharmacist available at anytime to talk to you about the quit process
- Smart Phone Apps • Websites

120 E Main St, John Day, OR 97845
(541) 575-0629 • www.lensdrug.com

