

Isn't It About Time to Stop Smoking?

When it comes to quitting,
the struggle is real.
But you don't
have to do it alone.



CARTI is pleased to offer free smoking cessation classes designed to provide smokers with the tools and support needed to kick the habit. Presented in a group setting, this seven week course is designed to progressively guide smokers towards becoming smoke-free while drawing support from others in a no-pressure, non-judgmental environment.

Kicking the habit can be an intimidating experience for even the most determined user. . .and with good reason.

- Tobacco use is the number one cause of lung cancer. Reports from the American Cancer Society link 80 percent of all lung cancers directly to smoking.
- Nicotine has been scientifically proven to be more addictive than heroin.
- Arkansas is well above the national average when it comes tobacco usage, which means Arkansans are more susceptible to the dangers caused by smoking.



- Smoking is expensive. A user who smokes two packs a day will purchase 730 packs a year (2 packs x 365 days.) At \$4.75 per pack, that smoker will spend \$3,467.50 per year. That's a lot of money – literally – going up in smoke.

Classes are open at no cost to the general public. Funded by a grant from CVS Health.



8901 CARTI Way • Little Rock, AR 72205 • carti.com

For more information or upcoming class schedule, contact:

Carolyn Garrett, Patient Resources Coordinator

501.660.7610 • cgarrett@carti.com