

# Quitting Is Not Easy. But Getting Help Has Never Been More Simple.

## The Tools You Need

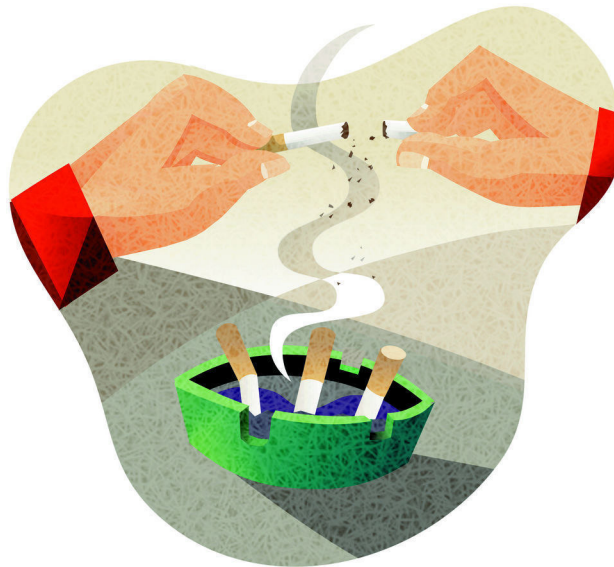
Medications proven to help you quit smoking are available: nicotine patches, gum, lozenges, Zyban™, and even Chantix™.

## A Clinic You Know

The Council Bluffs Community Health Center, located in the Omni Centre, has been serving the medical needs of our community for over a decade.

## A Price You Can Afford

The most effective way to quit smoking is a combination of medication and counseling. And at the Council Bluffs Community Health Center, they are both free.



We know that every struggle to give up tobacco is, well, a struggle.

We also know that there is no magic bullet to help you quit. No one way to give up smoking or chew is right for everyone.

The Council Bluffs Community Health Center is here to help you quit for good.

We have all the tools you need to make this next quit attempt your last.

Let's face it, nicotine is pretty darn addictive. It takes weeks, and sometimes months, to start smoking. It takes just as long to quit.

Why not go cold turkey? Because it works less than 5% of the time. Using counseling and medication can be more than 7 times more effective!

So if you are serious about quitting, why not try something that works?



Make an appointment today to get started on your next quit attempt!

Omni Centre Business Park  
300 West Broadway, Suite 6  
Council Bluffs, IA 51503  
(712) 325-1990

Hours of Operation:  
Monday, 8:00 am - 7:00 pm  
Tuesday - Friday, 8:00 am - 5:00 pm



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