



Wellness Forums Presents:

# QUIT IT!

Save a cigarette today!  
And Tomorrow.  
And the Next Day.

Get your  
Carbon  
Dioxide  
levels tested  
for FREE!

## PRESENTER:

Karen Overmeyer, MS, RN, APN  
Thoracic Oncology Nurse  
Lung Cancer Multidisciplinary Clinic



**Don't give up  
giving up.**

**FREE**

to the Public!  
Bring a Friend!

**FREE**

Light lunch provided by...



**November 8th**

**12pm to 1pm**

Market Building

4521 Highwood Pkwy

Salon B

Let us know you are coming!

**RSVP to:**

[RBurns@VAPhysicians.com](mailto:RBurns@VAPhysicians.com)

(RSVP's are required. Thank you.)

Innsbrook Wellness Committee  
provides an avenue  
of information by promoting  
fitness, nutrition and  
educational opportunities.