

Breathe Free

1018 Kingshighway
65401

Phone: (573) 364-3375

Program to stop smoking.

Counselor: Carl J. James, DDS.

8-day course using motivation and a control booklet, physiology of some body functions, healthful living to enhance the ability to use willpower for decision making. Success rate is about 85 percent. Sponsored by the Seventh-day Adventist Church since 1959.

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