

2017 Stop Smoking Classes



Two Class Options:

Evening classes in January, April, July and October

- 7 sessions on Tuesdays, 5:30-7:30 pm

Daytime classes in March, June and September

- 4 sessions on Tuesdays, 3-4:30 pm

In the first session you will:

- **Find out** about our classes and other cessation resources;
- **Learn** about quit methods and medications and how best to use them...and **be inspired** to be smoke-free!

Class Start Dates:

January 17th evening

March 7th day

April 11th evening

June 6th day

July 11th evening

September 5th day

October 3rd evening

Location: 2550 23rd Street,
Building 40, 5th Floor, Solarium Classroom
(take the first elevator on the left)

**To register: call 628-206-6074 or ask your
provider to refer you**



For more information: sftobaccofree.org/you