

# Smoking?

## Want to QUIT? Or cut down?



## Join our Stop Smoking Class!

**Dates:**

**“Find Out How” Orientation  
Tuesday, October 3<sup>rd</sup>**

See if now is the time for you to quit for good or taper down! Discover new quit methods that work!



Followed by 6 Tuesday sessions  
**October 10<sup>th</sup>-November 14<sup>th</sup>, 2017**

**Time:**

5:30PM to 7:30PM (*door opens at 5 pm for light dinner*)

**Location:**

Building 40, 5<sup>th</sup> Floor  
Enter Building 9 at 2550 23<sup>rd</sup>  
Solarium Classroom-Room 504, ZSFGH  
(1<sup>st</sup> elevator on your left)

**Cost:**

**FREE!**

**To Register:**

**Call: 628-206-6074**

or ask your Provider to refer you

**For more info:** [sftobaccofree.org/you](http://sftobaccofree.org/you)

## You can do it!