

NEXT
SESSION

SMOKING CESSATION

"SPRINGTIDE" INTO A SMOKE FREE LIFE

Join our supportive smoking cessation class and take the first step toward a healthier, smoke-free life! Together, we'll tackle the physical, psychological, and social aspects of tobacco addiction, providing the tools and encouragement you need to succeed. Let's make this journey one small step at a time—because giant success is within your reach!



DATES

May 8, 15, 22, 29

June 5, 12, 19

All classes start at 4:00pm



LOCATION

1470 Medical Parkway
Suite 250
Carson City, NV 89703



WHO

Anyone over the age of 18



QUIT SMOKING

Hand roll and
commercial cigarettes,
vaping, e-cigarettes and
chew tobacco as well.
No subject is taboo



COST

\$20

Upon completion, you will
be refunded \$10



QUESTIONS

Contact us at (775) 445-7651
SmokeFreeNV@gmail.com
CarsonTahoe.com/StopSmoking

If you can't attend classes, call
1-800-QUIT-NOW (800-784-8669)
for free support and nicotine
replacement aids, or enroll online
at www.nevadatabacoquitline.com
to help you quit smoking.



CARSON TAHOE
— HEALTH —



the
pulse



(775) 445-8000
carsontahoe.com