

NEXT
SESSION

SMOKING CESSATION

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

September 11, 18, 25
October 2, 9, 16, 23, 30
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.



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— HEALTH —



the
pulse



(775) 445-8000
carsontahoe.com