



CARSON TAHOE
CARDIOLOGY

SMOKING CESSATION

QUIT SMOKING, START HEALING

Take the first step toward a healthier, smoke-free life. Our supportive class gives you the tools and encouragement to overcome tobacco addiction—one small step at a time.

DATES

February 26
March 5, 12, 19, 26
April 2, 9

LOCATION

1470 Medical Parkway, Suite 250
Carson City, NV 89703

COST

\$20 (Receive a \$10 refund upon completion)

WHO CAN ATTEND

Adults 18+
Support for hand-rolled and commercial cigarettes, vaping, e-cigarettes, and chew tobacco. No topic is off limits.

QUESTIONS?

(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 options, or enroll online at www.nevadatobaccoquitline.com for help quitting.



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(775) 442-1111
Smoking@carson-tahoe.com
Smoking@carson-tahoe.com

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Visit our website for the most up-to-date class schedule at carsontahoe.com/smoking-cessation-classes.html

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