



**CARSON TAHOE**  
— HEALTH —  
Medical Group

Dear \_\_\_\_\_,

I would like to personally welcome you to join us in a supportive, group effort for smoking cessation! The schedule for the upcoming class, and the small steps below, will lead you to giant success!! Together we can do this!

## ***Marching to a Smoke Free Life!***

Session 1: *Thinking About Quitting* – Thursday, March 2

Session 2: *On the Road to Freedom* – Thursday, March 9

Session 3: *Wanting to Quit* – Thursday, March 16

Session 4: **Quit Day – THURSDAY**, March 23

Session 5: *Winning Strategies* – Monday – March 27

Session 6: *The New You* – Thursday, March 30

Session 7: *Staying Smoke free for good* – Thursday, April 6

Session 8: *Celebration & Bring Food!* – Thursday, April 13

All classes will be held at Carson Tahoe Wellness Institute, located at 1470 Medical Parkway, Suite 250, Carson City, NV 89703 from 4:00 to 5:00 PM.

Please call 775-445-7651 or email [smokefreeNV@gmail.com](mailto:smokefreeNV@gmail.com) and together we will make this happen. Your friends or family members are welcome too. **Just a reminder, Quit Day isn't planned until the fourth week—YOU DO NOT NEED TO STOP SMOKING**

The price for the entire seven week class is \$20, which covers the cost of materials. Upon completion, you will be refunded \$10. You are welcome to attend as many as you like in the future at no additional cost, just bring your book.

If you are unable to attend these classes, there is another option: 1-800-QUIT-NOW (800-784-8669) is free and only involves a phone call at your convenience or enroll online at [www.nevadatabacoquitline.com](http://www.nevadatabacoquitline.com). These resources will provide support and nicotine replacement aids to help you become smoke free.

I look forward to seeing you on **March 2, 2023 !!!**

Smokers helping smokers,

Carmella Downing