



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!

February is HEART Health ~ your heart will thank you ~

Session 1: *Thinking About Quitting* – Thursday, February 28

Session 2: *On the Road to Freedom* - Thursday, March 7

Session 3: *Wanting to Quit* – Thursday, March 14

Session 4: **Quit Day** – Thursday, March 21

Session 5: *Winning Strategies* – Monday, March 25

Session 6: *The New You* – Thursday, March 28

Session 7: *Staying Smoke free for good* – Thursday, April 4

Session 8: *Celebration & Bring Food!* – Thursday, April. 11

All classes will be held at Carson Tahoe Cardiology office, located at 1470 Medical Parkway, Suite 140, Carson City from 4:00 to 5:00 PM.

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

The price for the entire seven week class is \$20, which covers the cost of materials. Upon completion you will be refunded \$10.

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. This call will provide support and nicotine replacement aids to help you become smoke free.

I look forward to seeing you on **February 28th!!**

Smokers helping smokers,

Carmella Downing