



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!

A New Year Smoke Free – a resolution you can keep !!!

Session 1: *Thinking About Quitting* – Thursday, January 3

Session 2: *On the Road to Freedom* - Thursday, January 10

Session 3: *Wanting to Quit* – Thursday, January 17

Session 4: **Quit Day – Wednesday** -January 24

Session 5: *Winning Strategies* – Monday –January 28

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

Session 8: *Celebration & Bring Food!* – Thursday, February 14

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 **January 3rd!!!**

Smokers helping smokers,

Carmella Downing