



CARSON TAHOE
— H E A L T H —
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!

Start the New Year ~ Smoke Free

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

Session 2: *On the Road to Freedom* - Thursday, January 9

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

Session 4: **Quit Day – Wednesday**, January 23

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

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

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

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

All classes will be held at Carson Tahoe Medical Group - Cardiology, 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 too. **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. You are welcome to attend as many classes 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. These resources will provide support and nicotine replacement aids to help you become smoke free.

I look forward to seeing you on **January 2nd!!!**

Smokers helping smokers,

Carmella Downing