



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!

Enjoy the fullness of life this fall ~ Freedom from Smoking

Session 1: *Thinking About Quitting* – Thursday, September 6

Session 2: *On the Road to Freedom* - Thursday, September 13

Session 3: *Wanting to Quit* – Thursday, September 20

Session 4: **Quit Day** – Thursday, September 27

Session 5: *Winning Strategies* – Monday –October 1

Session 6: *The New You* – Thursday, October 4

Session 7: *Staying Smoke free for good* – Thursday, October 11

Session 8: *Celebration & Bring Food!* – Thursday, October 18

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 **September 6th!!!**

Smokers helping smokers,

Carmella Downing