



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!

*“Spring is the time of plans and projects”, Leo Tolstoy ~ Plan to become smoke free !!!!*

- Session 1: *Thinking About Quitting* – Thursday, April 5
- Session 2: *On the Road to Freedom* - Thursday, April 12
- Session 3: *Wanting to Quit* – Thursday, April 19
- Session 4: **Quit Day** – Thursday, April 26
- Session 5: *Winning Strategies* – Monday, April 30
- Session 6: *The New You* – Thursday, May 3
- Session 7: *Staying smoke free for good* – Thursday, May 10
- Session 8: *Celebration & Bring Food !* – Thursday, May 17

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](mailto: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](http://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 **April 5<sup>th</sup> !!!**

Smokers helping smokers,

Carmella Downing