



CARSON TAHOE
— HEALTH —

Give yourself the gift of a Smoke Free Holiday Season !!!

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

Session 2: *On the Road to Freedom* - Thursday, October 5

Session 3: *Wanting to Quit* – Thursday, October 12

Session 4: **Quit Day** – Thursday, October 19

Session 5: *Winning Strategies* – Monday, October 23

Session 6: *The New You* – Thursday, October 26

Session 7: *Staying Off* – Thursday, November 2

Session 8: *Celebration & Bring Food!* – Thursday, November 9

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.