



If you're ready to quit we can give you a helping hand.

2016

Quit for Life Tobacco Cessation Program
One time - one hour classes are available
Minges Wellness Center classroom

All classes are on Thursdays

Cost \$25

January 7th

9:30 – 10:30 am

3:30 – 4:30 pm

February 4th

8:30 – 9:30 am

3:30 – 4:30 pm

March 10th

8:30 – 9:30 am

3:30 – 4:30 pm

April 7th

8:30 – 9:30 am

3:30 – 4:30 pm

May 12th

8:30 – 9:30 am

3:30 – 4:30 pm

June 2nd

9:30 – 10:30 am

3:30 – 4:30 pm

July 7th

8:30 – 9:30 am

August 4th

8:30 – 9:30 am

3:30 – 4:30 pm

September 8th

8:30 – 9:30 am

3:30 – 4:30 pm

October 6th

8:30 – 9:30 am

3:30 – 4:30 pm

November 3rd

8:30 – 9:30 am

3:30 – 4:30 pm

December 1st

8:30 – 9:30 am

3:30 – 4:30 pm



Class sizes are limited and classes start promptly.
You must be present the entire session in order
for it to be counted.

Registration for each class must be done
by contacting

Gail Carraway at 252-522-7014