

***CRUSH your smoking habit with Quit for Life***

**2018  
Quit for Life Tobacco  
Cessation Program**

**One time - one hour classes are available  
Minges Wellness Center classroom**

All classes are on Thursdays  
Cost \$25

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



[www.unclenoir.org](http://www.unclenoir.org)

**2018**  
**January 4th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**February 1st**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**March 1st**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**April 12th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**May 10th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**June 7th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**July 12th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**August 2nd**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**September 6th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**October 4th**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**November 1st**  
8:30 – 9:30 am  
3:30 – 4:30 pm  
**December 6th**  
8:30 – 9:30 am  
3:30 – 4:30 pm

