

The American Lung Association

FREEDOM FROM SMOKING CLASSES

SCHEDULE

Session 1: "Thinking about Quitting"	July 6, 2010
Session 2: "On the Road to Freedom"	July 13, 2010
Session 3: "Wanting to Quit"	July 20, 2010
Session 4: "QUIT DAY"	July 27, 2010
Session 5: "Winning Strategies"	July 29, 2010
Session 6: "The New You"	August 3, 2010
Session 7: "Staying Off"	August 10, 2010
Session 8: "Celebration"	August 17, 2010

It is recommended that you attend all sessions.

All sessions start at 6:00 PM at the lower level of the Grant County Health Department. Call 304-257-4922 for further information.

This program is funded by: WV Department of Health and Human Resources, Bureau for Public Health, Division of Tobacco Prevention and the Grant County Health Department.