

STOP TOBACCO USE CLASSES

And **FREE** Nicotine Replacement Therapy Products



WHEN: Thursday Aug. 11 thru Sept. 29, 2011
(Aug.18 is the last day to join)

WHERE: Community Memorial Hospital
2809-B Main Street. Ventura

TIME: 5:30 - 6:30 PM

SESSION	TOPICS	Thursday
Sessions 1	Overview	Aug. 11
Session 2	Smoking Urges	Aug. 18
Session 3	Quit Day / Health	Aug. 25
	48 Hour Check- In	TBD
Session 4	Stress & Moods	Sept. 1
Session 5	Weight & Exercise	Sept. 8
Session 6	Handling Slips	Sept. 15
Session 7	Lifestyle Balance	Sept. 22
Session 8	Life Without Cigarettes	Sept. 29

***Nicotine Replacement Therapy Product Pick Up also on Oct. 6 & 20**

For information or to register for class please call
Sandra Tovar @ 805-652-3376



Ventura County Public Health, a division of the Ventura County Health Care Agency
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