



**WE HAVE EVERYTHING YOU NEED**



**ARE YOU**

**Ready2quit?**

# **Tobacco Cessation Class**

QUITTING TOBACCO IS TOUGH, BUT THE MORE INFORMATION, RESOURCES AND SUPPORT YOU HAVE, THE MORE LIKELY YOU ARE TO **SUCCEED.**



## **GROUP CLASSES**

**NAS I  
MIDTOWN 2<sup>ND</sup>  
FLOOR  
CLASSROOM  
ON WEDNESDAYS  
1400-1500**

## **1-ON-1 COUNSELING**

**NAS 2 FLIGHT LINE  
CLINIC & NAS I  
MIDTOWN 2<sup>ND</sup>  
FLOOR HEALTH  
PROMOTION DEPT.  
BY APPOINTMENT**

**TO REGISTER OR FOR MORE INFORMATION CALL HEALTH PROMOTION AT 624-4710**