



SMOKING *cessation*

How Do I Quit? *It's easier than you think.*

Our smoking cessation classes are held over the course of six weeks. Each class is led by a behavioral therapist and an American Lung Association certified facilitator. Respiratory therapists and nutritionists visit the group to help provide you with support and guidance along the way. Participants will receive nicotine replacement therapy (if qualified) and a hard copy curriculum with a smoking cessation meditation CD. Lunch/dinner is provided.

Register for one of our seven-week classes for tips on how to:

- › **Quit smoking**
- › **Manage stress**
- › **Avoid weight gain**
- › **Cope with withdrawal symptoms**

2017 Smoking Cessation Class Dates

Session 1: January 10 – February 14

Session 2: March 7 – April 11

Session 3: May 2 – June 6

Session 4: June 27 – August 8

Session 5: August 29 – October 3

Session 6: October 24 – December 5

Afternoon and evening classes are available at both Northside-Atlanta and Northside-Forsyth.

contact us

For more information, please call 404.780.7653 or email smokingcessation@northside.com

participation is confidential