



# 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 an American Lung Association certified facilitator. Behavioral therapists, nutritionists and respiratory therapists visit the group to help provide 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 six-week classes for tips on how to:

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

2018 Smoking Cessation Class Dates

- Session 1:** January 9 – February 13
- Session 2:** March 6 – April 10
- Session 3:** May 1 – June 5
- Session 4:** July 10 – August 14
- Session 5:** September 11 – October 16
- Session 6:** November 6 – December 11

Afternoon and evening classes are available system wide. Classes are available in Spanish. Remote classes are also available upon request.

contact us

For more information, please call 404.780.7653 or email [smokingcessation@northside.com](mailto:smokingcessation@northside.com)

participation is confidential