

# BUILT TO QUIT

We can help you **stop smoking and using tobacco**



## It's not just cigarettes.

### Register for tips on how to:

- Quit smoking and using tobacco.
- Manage stress.
- Avoid weight gain.
- Cope with withdrawal symptoms.

### 2020 Schedule\*

Class 1: January 7 – February 11

Class 2: March 3 – April 7

Class 3: May 19 – June 23 (*New Dates*)

Class 4: July 7 – August 11

Class 5: September 15 – October 20

Class 6: November 10 – December 15

*\*Classes meet once a week for six weeks.*

Our *Built To Quit* courses offer the American Lung Association Freedom From Smoking® program led by a certified facilitator. Behavioral therapists, nutritionists, and respiratory therapists visit the group to provide added smoking and tobacco cessation support and guidance. Classes are offered during afternoon and evening hours. Remote/online options available. Participants will receive nicotine replacement therapy (if qualified) and a workbook with meditation CD/MP3. Lunch/dinner is provided.

**For more information, or to register for a class:**

**Call:** 404.780.7653 **Email:** [smokingcessation@northside.com](mailto:smokingcessation@northside.com)

**Visit:** [northside.com/smoking-and-tobacco-resources](http://northside.com/smoking-and-tobacco-resources)

