

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.

2021 Schedule*

Class 1: January 5 – February 9

Class 2: March 2 – April 6

Class 3: April 27 – June 1

Class 4: July 6 – August 10

Class 5: September 14 – October 19

Class 6: November 9 – December 14

**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

Visit: northside.com/smoking-and-tobacco-resources

