Built To Quit

We can help you stop smoking and using tobacco

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: April 28 – June 2
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.

It’s not just cigarettes.

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