

BUILT TO UIT

Resources to help you **stop smoking and using tobacco**



It's not just cigarettes.

Our *Built To Quit* smoking and tobacco cessation classes are led by American Lung Association certified facilitators. Behavioral therapists, nutritionists and respiratory therapists visit the group to help provide support and guidance. Participants will receive nicotine replacement therapy (if qualified) and a hard copy curriculum with a meditation CD. Lunch/dinner is provided.

Register for tips on how to:

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

2019 Six-Week *Built To Quit* Class Dates

Session 1: January 8 – February 12

Session 2: March 5 – April 9

Session 3: April 30 – June 4

Session 4: July 9 – August 13

Session 5: September 10 – October 15

Session 6: November 12 – December 17

Some locations offer afternoon and evening class times. Remote/online classes are also available upon request.

For more information, or to register for a class:

Call: 404.780.7653 **Email:** smokingcessation@northside.com

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

**BUILT
TO BEAT
CANCER**


**NORTHSIDE
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