

2016

Is the Year to Stop Smoking
Join this class to learn Techniques to stay
QUIT for Good!

The American Lung Association's
Freedom From Smoking curriculum

Workshop Overview:

- 8 total class meetings
- 1.5 hours per class meeting



To register please call:
(209) 381-1223

Who Should Attend?

Adults who utilize tobacco and/or
nicotine products

Benefits:

- Decreased heart rate and blood pressure
- Increase circulation and lung function
- Decreased risk of heart attack and lung cancer

