



CARE. COMMUNITY. CULTURE.

# Freedom From Smoking®

Quitting smoking isn't easy—but it's easier with the right help. We will work together to help you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smoke free for life!

**Class time: 10am—11:30am**

**Class location: Sequoia Room (2nd floor, above Dental Dept.)**

**Class Dates:**

**Monday, November 6th**

**Wednesday, November 29th**

**Monday, November 13th**

**Monday, December 4th**

**Monday, November 20th**

**Monday, December 11th**

**Monday, November 27th**

**Monday, December 18th**

***Light snacks are provided.***

Participants **MUST** register in advance!!!

Please call Rachel Alvarez at (916) 341-0576 x2271



**All Are Welcome**

2020 J Street • Sacramento, CA 95811

(916) 341-0575 [snahc.org](http://snahc.org)