



FREEDOM FROM SMOKING®

MONDAYS (PLUS WEDNESDAY, MAY 9) 10AM-11:30AM ◇ KUTBA CLASSROOM (MEDICAL CLINIC)

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!

Are you ready to quit for good?

2018 DATES
Monday, April 16
Monday, April 23
Monday, April 30
Monday, May 7
Wednesday, May 9
Monday, May 14
Monday, May 21
Monday, June 4



REGISTRATION IS REQUIRED

FOR MORE INFORMATION,
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