

# Smoking Cessation Classes

## 2012

### GETTING READY TO QUIT

January 3, 10, 17 & 24 (Tues)  
5:30pm – 6:30pm  
*Refreshments served*

### FRESHSTART

February 2, 9, 16 & 23 (Thurs)  
7:30am – 8:30am  
*Light breakfast provided*

### GETTING READY TO QUIT

March 5, 12, 19 & 26 (Mon)  
12:30pm – 1:30pm  
*Lunch Provided*

### FRESHSTART

April 4, 11, 18 & 25 (Wed)  
5:30pm – 6:30pm  
*Refreshments served*

### GETTING READY TO QUIT

May 1, 8, 15 & 22 (Tues)  
7:30am – 8:30am  
*Light breakfast provided*

### FRESHSTART

June 7, 14, 21 & 28 (Thurs)  
12:30pm – 1:30pm  
*Lunch Provided*

### GETTING READY TO QUIT

July 2, 16, 23 & 30 (Mon)  
5:30pm – 6:30pm  
*Refreshments served*

### FRESHSTART

August 8, 15, 22 & 29 (Wed)  
7:30am – 8:30am  
*Light breakfast provided*



### GETTING READY TO QUIT

September 5, 12, 19 & 26 (Wed)  
12:30pm – 1:30pm  
*Lunch Provided*

### FRESHSTART

October 4, 11 & 18 (Thurs)  
October 25 (Wed)  
5:30pm – 6:30pm  
*Refreshments served*

### GETTING READY TO QUIT

November 5, 7, 12 & 14 (Mon/Wed)  
7:30am – 8:30am  
*Light breakfast provided*

### FRESHSTART

December 4, 6, 11 & 13 (Tues/Thurs)  
12:30pm – 1:30pm  
*Lunch provided*



For additional information or to register,  
call SGMC's Community Health Promotions at 333-1074.