



Stop Smoking, Chewing & Vaping

Develop a plan that works!

**Classes are offered free of charge as a community service of Adventist Health and Rideout
Attendance is required for insurance approval of nicotine patch**

Finding Freedom From Smoking

You've heard all the reasons why you should quit, join this program to help you pass through the stages and learn the skills you need to be successful for life.

Class Schedule:

Wednesdays 4-5PM

(Call the number below to sign up for next session)

Location:

Adventist Health and Rideout Cardiac Rehabilitation Center
401 I Street, Suite B, Marysville

Instructor:

Cathy Gaughan, American Lung Association Certified Instructor

Topics Include:

- Thinking About Quitting
- Wanting to Quit
- Staying Off
- Controlling Weight
- On the Road to Freedom
- Strategies
- Managing Stress

To register or more information:

Call 530 741-3840

