

Education

Smoking Cessation Classes

*If you are thinking about quitting smoking,
you have taken the first step to quitting for good.*

*Sutter Tracy Community Hospital has partnered with the
American Lung Association to offer a leading smoking
cessation program to stamp out smoking.*

Freedom from Smoking

*with facilitator **Kalani Schriener, RCP***

1420 N. Tracy Blvd.

Boardroom

7:00 p.m. to 9:00 p.m.

Session Topics:

- Jan. 9** Thinking about quitting
- Jan. 16** On the road to freedom
- Jan. 23** Wanting to quit
- Jan. 30** Quit day
- Feb. 1** Winning strategies
- Feb. 6** The new you
- Feb. 13** Staying off
- Feb. 20** Celebration

\$20 fee covers all classes.

For more information, please call

209-832-6047

SIGN UP TODAY!



**Sutter Tracy
Community Hospital**

A Sutter Health Affiliate

With You. For Life.