



SUFFOLK COUNTY DEPARTMENT OF HEALTH

"LEARN TO BE...TOBACCO FREE" PROGRAM

FREE SMOKING CESSATION CLASSES TO BE HELD with

Good Samaritan Hospital

CLASS AT: Breast Cancer Health Inc., 32 Park Ave., Bay Shore

Call to register: 376-4444

ALL CLASSES ARE AT 6:00 PM

<u>CLASS 1</u>	7/15	PROGRAM OVERVIEW
<u>CLASS 2</u>	7/22	TOBACCO ADDITIVES
<u>CLASS 3</u>	7/29	PAM LAFFIN VIDEO
<u>CLASS 4</u>	8/5	THE PHYSICAL, PSYCHOLOGICAL & HABIT
<u>CLASS 5</u>	8/12	CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	8/19	RELAPSE PREVENTION
<u>CLASS 7</u>	9/9	REUNION CLASS

JANIS HURLEY, PUBLIC HEALTH EDUCATOR: 853-3187

PROGRAM WEBSITE INCLUDING NEW CLASSES:

WWW.SUFFOLKCOUNTYNY.GOV/HEALTH

SMOKING CESSATION MEDICATIONS PROVIDED FOR A *NOMINAL FEE*