



SUFFOLK COUNTY DEPARTMENT OF HEALTH

"LEARN TO BE...TOBACCO FREE" PROGRAM

FREE SMOKING CESSATION CLASSES TO BE HELD AT

Southside Hospital

1948-1952 Union Blvd., Class held 1948 B

Conference Room, Bayshore

Call to register: 968-3587

ALL CLASSES ARE AT 6:00 PM

<u>CLASS 1</u>	11/5	PROGRAM OVERVIEW
<u>CLASS 2</u>	11/12	TOBACCO ADDITIVES
<u>CLASS 3</u>	11/19	PAM LAFFIN VIDEO
<u>CLASS 4</u>	12/3	THE PHYSICAL, PSYCHOLOGICAL & HABIT
<u>CLASS 5</u>	12/10	CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	12/17	RELAPSE PREVENTION
<u>CLASS 7</u>	1/7	REUNION CLASS

JANIS HURLEY, PUBLIC HEALTH EDUCATOR: 853-3187

PROGRAM WEBSITE INCLUDING NEW CLASSES:

WWW.SUFFOLKCOUNTYNY.GOV/HEALTH

STOP SMOKING MEDICATIONS FOR A NOMINAL FEE