



**\$50**  
**Gift Card**  
upon  
completion

# **BREAK**

Are you ready to quit? Finding your path to a smoke-free life is easier with the right help.

# **THE**

The Freedom from Smoking program is a proven way to quit smoking—and stay quit—even if you've tried before and went back to smoking.

# **HABIT**

Set a quit date / Build a quit plan / Learn about quit tools / Get support

**FREE 8-CLASS SERIES / SEP 26-NOV 7 / 2 -4 PM**

**GLENBROOK COMMUNITY ROOM / 265 SUTTON WAY / GV  
CALL 530-274-5601 TO REGISTER**



## CHOOSE A QUIT DAY

Choose a quit day, then create a personalized plan to get ready for it.



## BUILD STRATEGIES

Learn ways to manage stress, avoid weight gain, and stay active during your quit, and after.



## GET SUPPORT

Share your experiences with others going through the same thing.



## FIND TOOLS

Learn how quit-smoking medications can increase your chance of quitting for good.

**8-CLASS SERIES: SEP 26 & OCT 3, 10, 17, 19, 24, 31 & NOV 7**

Glenbrook Community Room, 265 Sutton Way, Grass Valley  
Register online at [connectingpoint.org/events](http://connectingpoint.org/events) or call Karen at 530-274-5601

Class provided in partnership with the Nevada County Public Health Department