



\$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

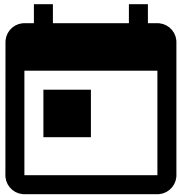
The Freedom from Smoking program is a proven way to quit smoking—and stay quit—even if you've tried before and went back to smoking.

HABIT

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

FREE 8-CLASS SERIES / JAN 8-FEB 19 / 2-4 PM

**GLENBROOK APARTMENTS / 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.



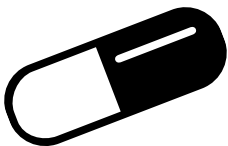
BUILD STRATEGIES

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: JAN 8-FEB 19, 2:00-4:00 PM

Glenbrook Apartments, 265 Sutton Way, Grass Valley

Register online at connectingpoint.org/events or call Karen at 530-274-5601

Class provided in partnership with the Nevada County Public Health Department