

Tear Down The Wall

QUIT Tobacco NOW!

Noon Start Time (bring your lunch, if you want!)
City County Building - Room 447
You pay only \$25.00

Session 1 - Thursday, March 12
Get Ready to Quit

Session 2 - Thursday, March 19
Understand Your Habit & Addiction

Session 3 - Thursday, March 26
Your Plan to Quit

Session 4 - Monday, March 30
Quit Day

Session 5 - Thursday, April 2
The First 48

Session 6 - Thursday, April 9
The New You Renovation

Session 7 - Thursday, April 16
How to Stay Quit



For More Information call Charisse Smith @ 412.255.2950

