



Help Someone You Know Breathe Easier...

Free Quit Smoking *Now* Classes Open to All

Registration is required to join.
Call 877-819-2357 to register or for more info.

Indian River County Health Department
1900 27th St., Vero Beach, FL 32960
772-794-7400 x2700

Thursdays (6 sessions)

<u>Session</u>	<u>Date</u>	<u>Time</u>	<u>Topic</u>
A	Jan. 12	5:30pm	Tobacco: Friend or Foe?
B	Jan. 19	5:30pm	Managing Addiction
C	Jan. 26	5:30pm	Let's Quit NOW!
D	Feb. 2	5:30pm	Develop a Plan for Life - Without Tobacco
E	Feb. 9	5:30pm	Relapse Prevention
F	Feb. 16	5:30pm	Congratulations, Now Stay the Course

(participants are encouraged to attend all 6 sessions)

Sponsored by The Everglades AHEC and The Florida Quitline

