



Smoking Cessation Class Schedule

January – February 2016

Classes will meet from **9:00-10:30am** on the dates below:

Wednesday, January 6

Wednesday, January 13

Wednesday, January 20

Wednesday, January 27 (Quit Day)

Friday, January 29

Wednesday, February 3

Wednesday, February 10

Wednesday, February 17

The program fee is \$50.00*. Participants must pre-register for the program. Payment is due at registration. Participants who attend all 8 sessions will be eligible for a \$25.00 refund.

Nicotine replacement therapy will be included in the fee. Participants will receive 4-6 weeks of nicotine replacement therapy in the form of patches.

To register, call the Christian County Health Department at 270-887-4160.

*Income-based scholarships may be available for participants.

