



CARSON TAHOE
— HEALTH —
Medical Group

Dear _____,

I would like to personally welcome you to join us in a supportive, group effort for smoking cessation! The schedule for the upcoming class, and the small steps below, will lead you to giant success!! Together we can do this!

This Summer Join Freedom From Smoking!

Session 1: *Thinking About Quitting* – Thursday, July 11

Session 2: *On the Road to Freedom* – Thursday, July 18

Session 3: *Wanting to Quit* – Thursday, July 25

Session 4: **Quit Day – THURSDAY**, August 1

Session 5: *The New You* – Thursday, August 8

Session 6: *Staying Smoke free for good* – Thursday, August 15

Session 7. *Celebration & Bring Food!* – Thursday, August 22

All classes will be held at the Conference Center at the Carson Tahoe Cancer Center, located at 1535 Medical Parkway, Carson City, NV 89703 from 4:00 to 5:00 PM.

Please call 775-445-7651 or email smokefreeNV@gmail.com to register and together we will make this happen. Your friends or family members are welcome too. **Just a reminder, Quit Day isn't planned until the fourth week—YOU DO NOT NEED TO STOP SMOKING BEFORE CLASS STARTS!!**

The price for the entire seven week class is \$20, which covers the cost of materials. Upon completion, you will be refunded \$10. You are welcome to attend as many classes as you like in the future at no additional cost, just bring your book.

If you are unable to attend these classes, there is another option: 1-800-QUIT-NOW (800-784-8669) is free and only involves a phone call at your convenience or enroll online at www.nevadatabaccoquitline.com. These resources will provide support and nicotine replacement aids to help you become smoke free.

I look forward to seeing you on **July 11th**

Smokers helping smokers,

Carmella Downing