

Free Six Week Tobacco Cessation Education Course

“Quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life.” – Courtesy www.lung.org

A certified Tobacco Treatment Specialist will provide support and education for those who are ready to quit tobacco and nicotine. After completing this **free** six week course, you'll be able to:

- Understand the Nicotine Dependence Cycle
- Know what Nicotine Replacement Therapies are available and what they can do for you
- Understand the gains from quitting
- Set reasonable goals for yourself
- Identify withdrawal symptoms and effectively deal with them
- Reward yourself as you move toward and maintain a tobacco free life!



Six Week Session Begins October 5, 2016
Meets Every Wednesday, 5:30 p.m. – 6:30 p.m.

Providence St. Peter Chemical Dependency Center
4800 College Street SE, Lacey, WA, 98503

Please call Providence St. Peter Chemical Dependency Center at **(360) 493-5022** for more information and to register for this **free** six week course.