



# Quit 101: 4 Week Smoking Cessation Class

Are you fed up with the cost of tobacco to your wallet and your health? Have you struggled in the past to stop using tobacco, only to remain caught in the web of addiction? Quit 101 focuses on tips to help you develop a quit plan and strategies that will work for you. Libby Stern, LMSW, a certified tobacco treatment specialist who is also a former smoker, facilitates this program to help you find the motivation and skills you need to stop tobacco use once and for all. Information about medications used in quitting smoking and a free nicotine replacement therapy sample are included.

These sessions run for a total of 4 weeks. The first class is a 2 hour session, the rest after are 90 minute sessions.

## Registration Information

These classes are free and registration is required. There is free parking on-site. Register online by selecting from the links below, call 616.267.2626 option 4 or toll free 877.495.2626, option 4 to register by phone.

## Upcoming Classes 2017

January 10 – 31	4:30 p.m.	Spectrum Health Heart and Vascular Center 2902 Bradford St NE	<a href="#">Register Now</a>
March 7 – 28	6 p.m.	Spectrum Health Healthier Communities 665 Seward Avenue NW, Suite 110	<a href="#">Register Now</a>
May 3 - 24	4:30 p.m.	Spectrum Health Heart and Vascular Center 2902 Bradford St NE	<a href="#">Register Now</a>
July 6 – 27	4:30 p.m.	Spectrum Health Heart and Vascular Center 2902 Bradford St NE	<a href="#">Register Now</a>
September 6 – 27	6 p.m.	Spectrum Health Healthier Communities 665 Seward Avenue NW, Suite 110	<a href="#">Register Now</a>
November 7 – 28	4:30 p.m.	Spectrum Health Heart and Vascular Center 2902 Bradford St NE	<a href="#">Register Now</a>