



Tobacco Cessation Classes

January 25th – March 8th
Mondays-12:00PM - 1:00PM
OR
5:30-6:30PM


Class will be offered with the option of in person or Virtual.

With group support and a professional facilitator participants will:

- Pick a quit day
- Create a quit plan
- Measure carbon monoxide levels
- Practice stress management
- Meet with a Registered Dietician
- Strive to Stay Quit
- All in a supportive group setting!

CONTACT BELOW TO REGISTER

If you are interested in participating in this class please register in person at the front desk or online at www.wrcameronwellness.org

 WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center
240 Wellness Way, Washington, PA

800-QUITNOW Tobacco Cessation Program for Washington County

STAYQUIT
Don't just think about quitting. Do something about it-TODAY!

