



Be Tobacco FREE for LIFE

TOBACCO CESSATION

Cessation classes are in a small group setting. Participant workbook and other materials are provided. Classes are fun and interactive.

Topics Include:

- Medicines that can help you stop smoking
- Lifestyle changes
- Preparing for quit day
- Managing stress
- Avoiding weight gain
- Developing a new self image
- Staying smoke free for good

The eight session weekly classes will be every Wednesday from **September 26th to November 14th** 5:30 pm - 7:00 pm

Fayette County Drug & Alcohol Commission, Inc.

Fayette County Health Center

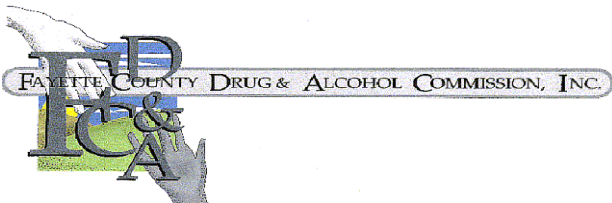
100 New Salem Road
Uniontown, Pa
Serenity Room

To register contact

724 438 3577

ext. 162

Anyone can stop using tobacco. Staying quit is the difficult part. Tobacco cessation classes offers education on ways to help you quit and stay tobacco free.



100 New Salem Road, Uniontown, Pa 15401

www.fdcaa.org