

Be Tobacco FREE for LIFE

Every Tuesday from January 8 to February 26, 2019
5:30 pm - 7:00 pm

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 Tuesday from January 8 to February 26, 2019 5:30 pm - 7:00 pm

Uniontown Area YMCA
Cessation participants will have FREE access to the YMCA on day of class from 7:00 pm to 9:30 pm

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.

