

Learn how to quit smoking

Freedom From Smoking is a smoking cessation program from American Lung Association. It helps people develop a plan of action that leads to quitting day.

There will be eight sessions starting April 3 from 7:30-930pm at Barton University, 1111 Emerald Bay Road, Classroom 101, South Lake Tahoe. Cost is \$75.

To register, call Gina Morros at 530.543.5882.