

# Smoking cessation classes on South Shore

Barton University is offering low cost smoking cessation programs.

Freedom from Smoking is the American Lung Association's program that provides support and techniques to help people quit the habit for good. Classes are:

Session 1: Starts June 24 (Quit day: July 17)

Session 2: Starts Aug. 19 (Quit day: Sept. 11)

Session 3: Starts Oct. 7 (Quit day: Oct. 30).

Classes take place for seven consecutive Wednesdays with an additional "quit day" session half way through the program.

Each session is from 5-6:30pm. Cost is \$30.

Register with Krista Carson at 530.600.1958 or [emailkcarson@bartonhealth.org](mailto:emailkcarson@bartonhealth.org).