

Fall into a **FRESH** new lifestyle with a **FREE** smoking cessation workshop



WCWV

WELLNESS COUNCIL
OF WEST VIRGINIA



FamilyCare
HealthCenter

Date: Thursday Oct 17th

Time: 5:30-8:30 pm

Family Care– conference room

Patrick Street Plaza

- Kaiser Permanente course
- One-time 3 hour course
- If you are thinking about quitting this class is for you
- Receive the tools you need to quit .
- Qualify for free nicotine replacement therapy by taking class

Class size is limited so participants must pre-register.

Call 304-720-4466 ext. 8131 Suzanne Riley to pre-register or
e-mail cheryl.jackson@wcwv.org