

Learn to Stop Using Tobacco!

FREE CLASSES ♦ Clean Break ♦ FREE CLASSES

Schedule for Jan. thru Dec. 2010

JAN	4	6	11	13
FEB	1	3	8	10
MAR	1	3	8	10
APR	5	7	12	14
MAY	3	5	10	12
JUN	7	9	14	16
JUL	6	7	12	14
AUG	2	4	9	11
SEP	7	8	13	15
OCT	4	6	11	13
NOV	1	3	8	10
DEC	6	8	13	15

5:30 to 7 p.m.

The Heart Center at Rideout
Cardiac Classroom

725 4th Street, Suite 200 - Marysville

Quit Smoking
Quit Chewing
Tobacco

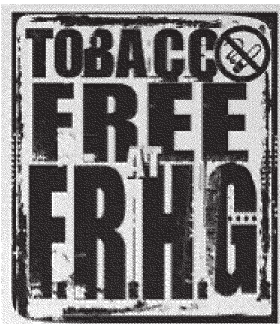
*Quitting can be
easier than you think

*Learn to develop a
plan that works

*Attendance required for insurance
approval of nicotine patch

Classes are held in the Cardiology Classroom at Rideout Memorial Hospital. Parking is available at the corner of 5th & H St. Please enter the building from the path between the Rideout Medical Complex and Marysville Immediate Care.

For Information & Registration
Call The Heart Center at Rideout



749-4458
or Bob Norton
695-2846



California Smokers' Helpline

1-800-NO BUTTS
English

1-800-45-NO-FUME
Español

1-800-838-8917
國語和粵語

1-800-778-8440
Tiếng Việt Nam

1-800-556-5564
한국어

1-800-933-4TDD
Hearing Impaired

1-800-844-CHEW
Tobacco Chewers' Helpline