



FREMONT-RIDEOUT Is Going TOBACCO FREE

The New Tobacco-FREE Policy Will Be Enforced as of November 19, 2009 at ALL Fremont-Rideout Health Group Campuses

Fremont-Rideout Health Group (FRHG) recognizes the negative health risks tobacco use has on our patients, families, employees and children. As your local, community hospital group — it is our mission to help improve the health and well-being of our community.

All visitors, patients, employees and physicians are expected to respect the new policy.
Please do not use tobacco products while on FRHG premises!

Smoking Cessation Classes Bob Norton: Clean Break Smoking Cessation Courses

The Clean Break Program is designed to help participants learn how to quit smoking or using chewing tobacco. The classes are FREE and are held at The Heart Center at Rideout, Cardiology Education Room, 725 4th Street, Suite 200 in Marysville. This 4 class series is from 5:30 to 7 p.m. Please call Cardiac Rehabilitation at 749-4458 or Bob Norton at 695-2846 for reservations and more information.

September 8, 9, 14, & 16, October 5, 7, 12, & 14, November 2, 4, 9, & 11 and December 7, 9, 14, & 16

Yuba County Health and Human Services Department

All classes begin at 12 p.m. on Tuesdays and Thursdays at the Packard Center facility in Marysville and will be taught in English. To register please call Yuba County Public Health Division at (530) 749-6366. September 8, 10, 15, 17, 22, 29 and October 13, 15, 20, 22, 27, 29

Sutter County Tobacco Education and Prevention Program Michele E. Blake

This program works to prevent youth from beginning tobacco use, helps individuals that currently smoke to quit, and strives to reduce the community's exposure to second-hand smoke. The program offers free quit-kits, referrals to cessation classes and anti-tobacco educational materials. To learn more call 822-7215 ext. 24

Smoking Cessation Continuing Education Program

This online self-study program provides free continuing education units (CEU) for registered nurses, registered dietitians, and pharmacists. To obtain CEU's, participants must register and complete the program post-test to receive their statement of credit certificate. A temporary certification will be available for download after completion of the post-test; an official certificate will be mailed thereafter.

http://www.caldiabetes.org/content_display.cfm?ContentID=1144

Telephone Counseling: Smoker's Helpline: **1-800-NOBUTTS**

Helpful Websites: www.californialung.org (online cessation course)

First 5 California: Smoking Cessation Programs / www.cafc.ca.gov **Smoke-free Kids** / www.smokefree.gov



TAKE CHARGE California Smokers' Hotline
1-800-NO BUTTS

FREE SMOKING CESSATION CLASSES
The Heart Center at Rideout, Fremont-Rideout
Cardiac Rehabilitation **749-4458**

Grant provided by:
SUTTER COUNTY
CHILDREN
& **FAMILIES**
COMMISSION
(530) 822-7505
www.sutterkids.org
FIRST 5
YUBA
(530) 749-4877
www.first5yuba.org