Freshstart Tobacco Cessation Program

Join us in this four-session program from the American Cancer Society, designed to help participants stop smoking by providing essential information, skills for coping with cravings, and group support.

Do you want to quit smoking, but don’t know where to start? Have you tried quitting before, but were unsuccessful?

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Four Sessions:
October 21, 2014
November 4, 2014
November 18, 2014
December 2, 2014

Location: Raynor Conference Center
Study Room E

Time: 4:30-5:30p.m.

Facilitator:
Kristin Kipp,
Employee Wellness Coordinator

Register Online!