

BUILT TO QUIT

We can help you **stop smoking and using tobacco**



It's not just cigarettes.

Register for tips on how to:

- Quit smoking and using tobacco.
- Manage stress.
- Avoid weight gain.
- Cope with withdrawal symptoms.

2023 Schedule*

Class 1: January 10 - February 14

Class 2: March 7 - April 11

Class 3: May 2 - June 6

Class 4: July 11 - August 15

Class 5: September 12 - October 17

Class 6: November 14 - December 19

**Classes meet once a week for six weeks.*

Our Built To Quit courses offer the American Lung Association Freedom From Smoking® program led by a certified facilitator. Behavioral therapists, nutritionists, and respiratory therapists visit the group to provide added smoking and tobacco cessation support and guidance. Classes are offered during afternoon and evening hours. Remote/online options available. Participants will receive nicotine replacement therapy (if qualified) and a workbook with meditation CD/MP3. Lunch/dinner is provided for on-site classes.

For more information, or to register for a class:

Call: 404.780.7653 **Email:** smokingcessation@northside.com

Visit: northside.com/smoking-and-tobacco-resources



LOOK TO
**NORTHSIDE
HOSPITAL**
CANCER INSTITUTE