

Tobacco Free Class

In this class you will learn how to:

- Get ready to quit smoking
- Develop skills to quit smoking
- Develop a support system to stay smoke free

Free program!

To register, call toll-free:
1-877-709-0797 or
715-537-6747

Individual sessions with a certified life coach also available by clinic appointment. Call for more information.

Do you want to quit smoking and/or using tobacco?

2012 classes are available in
Rice Lake

8-WEEK SESSIONS HELD

Tuesdays
5:30 to 6:30 p.m.
April 17 - June 5
Sept. 11 - Oct. 30

331 S. Main St., Rice Lake
Conference Room
(across from Marketplace)