



SUFFOLK COUNTY DEPARTMENT OF HEALTH

"LEARN TO BE...TOBACCO FREE" PROGRAM

FREE SMOKING CESSATION CLASSES TO BE HELD AT

Sayville Library

88 Greene Avenue

Sayville, NY 11782

Call to register: 853-3187

ALL CLASSES ARE AT 6:00 PM

<u>CLASS 1</u>	6/8	PROGRAM OVERVIEW
<u>CLASS 2</u>	6/15	TOBACCO ADDITIVES
<u>CLASS 3</u>	6/22	PAM LAFFIN VIDEO
<u>CLASS 4</u>	6/29	THE PHYSICAL, PSYCHOLOGICAL & HABIT
<u>CLASS 5</u>	7/6	CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	7/13	RELAPSE PREVENTION
<u>CLASS 7</u>	8/3	REUNION CLASS

JANIS HURLEY, PUBLIC HEALTH EDUCATOR: 853-3187

PROGRAM WEBSITE INCLUDING NEW CLASSES:

WWW.SUFFOLKCOUNTYNY.GOV/HEALTH

SMOKING CESSATION MEDICATIONS PROVIDED FOR A *NOMINAL FEE*