

Freshstart[®]



Interested in Quitting & Staying Quit?

The Coastal Health District invites you to its series of FREE lunchtime Freshstart classes.

Please join us for the American Cancer Society's group-based tobacco cessation counseling program, designed to help participants stop smoking by providing essential information, skills for coping with cravings & group support.

Session Dates: 2/7, 2/9, 2/14. You must attend all 3 sessions to complete the course

Time: Noon-1PM

Location: Chatham County Environmental Health Department Conference Room, 420 Mall Boulevard, 31406

Registration Requested (class size is limited to 10 people) – please call Cristina, 912.644.5209 or register online at www.gachd.org