

**Freshstart**<sup>®</sup>



## 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:** 3/7, 3/9, 3/14. 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](http://www.gachd.org)