

Ready to Break the Habit?

Methodist has
classes to help.



Freedom from Smoking® *8-part class series*

2014 Schedule:

Winter Session: Feb. 4, 11, 18, 25, March 4, 11, 18, 25

Spring Session: May 6, 13, 20, 27, June 3, 10, 17, 24

Summer Session: Aug. 5, 12, 19, 26, Sept. 2, 9, 16, 23

Fall Session: Oct. 7, 14, 21, 28, Nov. 4, 11, 18, 25

Time: 5:00-6:00 p.m.

Place: Methodist Medical Center
Cardiopulmonary Rehab Classroom
Westmall Medical Park
200 New York Avenue, Suite 360, Oak Ridge

Cost: \$50 (refunded after completing all 8 classes)

Freedom from Smoking® classes developed by the American Lung Association.

Registration required.
Call (865) 835-4662
or toll-free 1-800-468-6767

METHODIST
 **MEDICAL CENTER
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HEALTH.

MY CARE. *My Methodist.*

2014