



A Breath of Fresh Air...

...Is what we want you and those around you to have!



If you're thinking about quitting smoking,
we're here to help you take charge of your health!

SMOKING CESSATION CLASSES

Offered by South Nassau Communities Hospital

Join us for our 5-week program designed to educate, motivate and support you in
your efforts to STOP SMOKING.

Classes are held on Tuesdays at 6:30pm in Conference Center C

Dates for our next program are:

January 31, February 7, 14, 21 & 28, 2012

There is no cost to participate.

For more information or to register, please call the
Department of Community Education
(516) 377-5333

If you've tried to quit in the past, don't give up. It's never too late to quit!