



**IF YOU ARE TRYING TO QUIT SMOKING
AND NEED HELP.....**

Sign up for the:
“FRESHSTART SMOKING CESSATION CLASS”

Available Classes:

November 1st, 3rd, 8th, 10th 12:00 p.m.- 1:00p.m.
December 7th, 9th, 14th, 16th 12:00 p.m.- 1:00p.m.

*All four sessions must be attended to complete the class. You must preregister for the class by calling:

The Glynn County Health Department
912-279-3350

This class *will* help you stop smoking!

The class is free. Lunch will be provided, as well as smoking patches to help you quit.