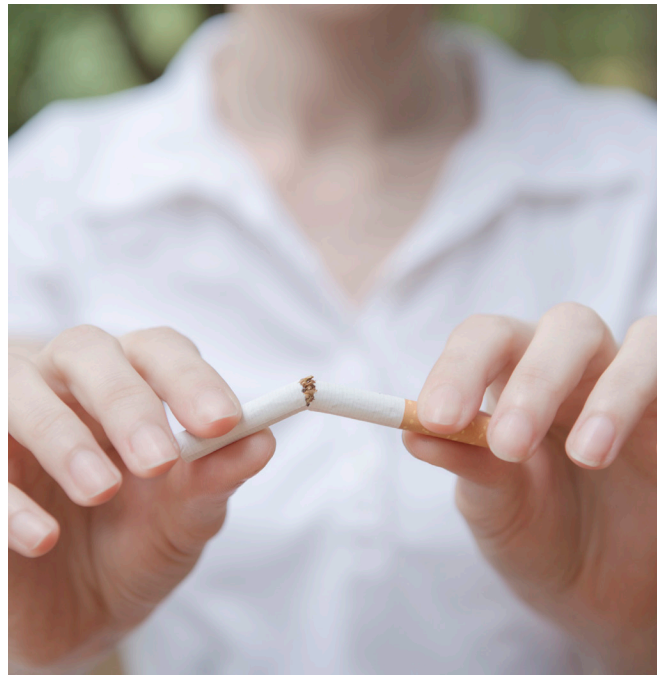


Smoking Cessation Program



Fresh Start smoking cessation classes are open to anyone that wants to quit tobacco use. This is a FREE 4 week program that meets one hour each week and is taught by a certified Fresh Start facilitator. Participants will be offered free smoking cessation patches, as well as a kit full of helpful resources.

2019 Schedule:

Session 1: January
8, 15, 22, 29

Session 2: April
9, 16, 23, 30

Session 3: July
9, 16, 23, 30

Session 4: October
8, 15, 22, 29

Location:

Mercy UC Davis Cancer Center
Conference Room
3850 G Street
Merced, CA 95340

Time:

10:30am - 11:30am

The Fresh Start program is a collaboration with the American Cancer Society. In these sessions you will:

- Learn the benefits of quitting smoking
- Gain knowledge and skills in order to plan YOUR quit date.

For more information, or to be scheduled for one of our 2019 four week sessions, call the Mercy UC Davis Cancer Center Social Worker at 209.564.3669.