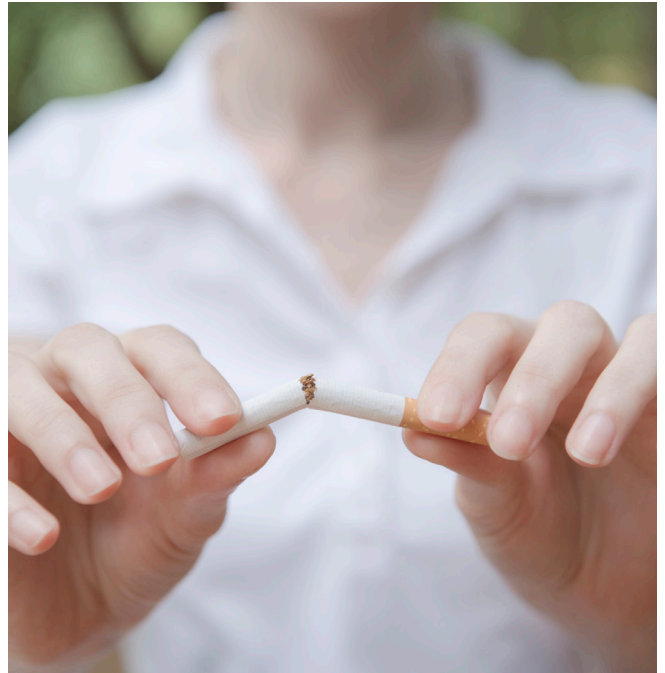


# Smoking Cessation Program



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.

## **2020 Schedule:**

**Session 1: January**  
7, 14, 21, 28

**Session 2: April**  
7, 14, 21, 28

**Session 3: July**  
7, 14, 21, 28

**Session 4: October**  
6, 13, 20, 27

## **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 2020 four week sessions, call the Mercy UC Davis Cancer Center Social Worker at 209.564.3669.*