



**cascade comprehensive care, inc.**

## **2012 Smoking Cessation Class Schedule**

Here is the schedule for the 2012 Smoking Cessation Program. These are all consecutive Thursdays unless exception noted. All are scheduled at the Community Health Education Center at 2200 N. Eldorado Avenue. Any questions, please don't hesitate to call 851-2019. Thanks, Kerri

**All Classes 1:30-3:00 pm**

### **Session 1**

Jan. 5  
Jan. 12  
Jan. 19  
Jan. 26 (Quit day)  
Feb. 2  
Feb.7 (Tues)  
Feb.16

### **Session 2**

Mar. 8  
Mar. 15  
Mar. 22  
Mar. 29 (Quit day)  
Apr. 5  
Apr. 13 (Fri.)  
Apr. 19

### **Session 3**

May 10  
May 17  
May 24  
May 31 (Quit day)  
June 7  
June 14  
June 19 (Tues)

### **Session 4**

July 12  
July 19  
July 26  
Aug. 2 (Quit day)  
Aug. 9  
Aug. 16  
Aug. 23

### **Session 5**

Sept. 13  
Sept. 20  
Sept. 27  
Oct. 4 (Quit day)  
Oct. 12 (Fri)  
Oct. 18  
Oct. 25

### **Session 6**

Nov. 6 (Tues)  
Nov. 15  
Nov. 21 (Wed)  
Nov. 29 (Quit Day)  
Dec. 6  
Dec. 13  
Dec. 20