

Suffolk County Department of Health & SCCC CDC Prevention Programs

“LEARN TO BE...TOBACCO FREE” PROGRAM

FREE SMOKING CESSATION CLASSES TO BE HELD at

Suffolk County Community College Michael J. Grant Campus,
1001 Crooked Hill Rd., Brentwood NY 11717
Health, Sports & Education Center Rm.A120

ALL CLASSES ARE WEDNESDAYS AT 11:00am ON:

<u>CLASS 1</u>	10/9	PROGRAM OVERVIEW
<u>CLASS 2</u>	10/16	TOBACCO ADDITIVES
<u>CLASS 3</u>	10/23	PAM LAFFIN VIDEO
<u>CLASS 4</u>	10/30	THE PHYSICAL, PSYCHOLOGICAL & HABIT
<u>CLASS 5</u>	11/6	CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	11/13	RELAPSE PREVENTION
<u>CLASS 7</u>	12/11	REUNION CLASS



TO REGISTER

Call 631-851-6443 or email flynnk@sunysuffolk.edu
SCCC CDC Prevention Program Coordinator Kathleen Flynn-Bisson

For more information call [631-853-2928](tel:631-853-2928)
Or visit PROGRAM WEBSITE
WWW.SUFFOLKCOUNTYNY.GOV/HEALTH