

FREE Smoking Cessation Classes

Gain the tools you need to be tobacco free!



Join the Council on Chemical Abuse for a class to help you quit smoking! Nicotine patches and gum are available for class participants.



Easy Does It, Inc.
(1300 Hilltop Road, Leesport, PA)

Tuesdays 6 p.m. - 7 p.m.
Classes start September 1 and run weekly until October 20, 2015.

Who should come? Anyone who desires to become tobacco free.

Why should you be tobacco free? You lower your health risks, have more energy, and it saves you money!

For more information, please contact Teresa Tieman at (610) 376-8669 Ext. 136, ttieman@councilonchemicalabuse.org, or visit our website www.cocaberks.org/betobaccofree.html



The Southeast Pennsylvania Tobacco Control Project (SEPA TCP) is supported by Health Promotion Council and funded through a grant from the Pennsylvania Department of Health.

601 Penn Street | Suite 600 | Reading, PA 19601
Phone (610) 376-8669 | Fax (610) 376-8423 | www.cocaberks.org