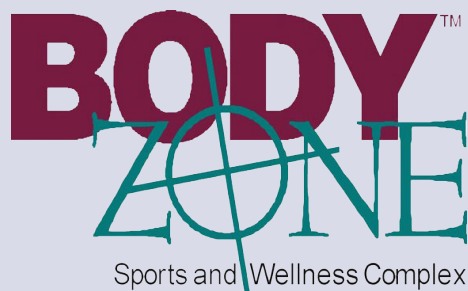


FREE Smoking Cessation Classes

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.



Body Zone Sports and Wellness Complex

(3103 Paper Mill Rd., Wyomissing, PA)

Wednesdays 6:00 - 7:00 p.m.

Classes start January 13 and run weekly until February 24, 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 Detweiler at (610) 376-8669 Ext. 136, ttieman@cocaberks.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.

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