

CRUSH your smoking habit with Quit for Life

2021 Quit for Life Tobacco Cessation Program

One time - one hour classes are available

Location: Minges Wellness Center Classroom

Time: 8:30-9:30am

Cost: \$25

Class sizes are limited, and
classes start promptly.

Registration for each class
must be done by contacting
Gail Carraway at
252-522-7014.

 **LENOIR**
UNC HEALTH CARE



2021 Dates

April 15

May 13

August 5

September 2

October 14

November 4

December 9

Para asistencia en español
252-522-7000

