

Change is in the Air!



Sutter Amador
Hospital

A Sutter Health Affiliate

FREE Smoking Cessation Classes

Two NEW 2009 Smoking Cessation 8-Class Series

Developed by the American Lung Association, this class is for anyone interested in stopping smoking—whether you are a full or part time smoker, have quit before or have never quit. This 8-session program will help you identify reason to quit and prepare you for the quitting process. Group and individual support is provided throughout the class so you will have the tools you need to remain a non-smoker. Light refreshments provided.



Dates: Every Wednesday, July 1st through August 19th with the addition of a Friday, July 24th class.

Time: All classes are 4:30—6:30 pm

Location: All classes are in the Multipurpose Conference Room (1st floor of Sutter Amador Hospital) except April 1st and 3rd, which will be in the Oakview Room (2nd floor of Sutter Amador Hospital).

Register: Diana Evensen, MS, Tobacco Reduction of Amador County
(209) 223-6638

Milestone incentives given to those who complete the program!

**Sutter Amador Hospital is a
Tobacco-Free Campus as of January 1, 2009!**



Need help quitting? We have just what the doctor ordered...Call 1-800-NO-BUTTS