



Cascade Health Alliance, LLC

2018 Tobacco Cessation Class Schedule

This is the schedule for the 2018 Tobacco Cessation (Quit Tobacco) Program. Classes are on Mondays except for holidays. Classes are at the Community Health Education Center at 2200 N. Eldorado Avenue. If you have questions, please call 883-2947.

All Classes 1:30-3:00 pm

Session 1

Jan. 8
Jan. 15
Jan. 22
Jan. 29 (Quit day)
Feb. 5
Feb. 12
Feb. 19

Session 2

Mar. 5
Mar. 12
Mar. 19
Mar. 26 (Quit day)
Apr. 2
Apr. 9
Apr. 16

Session 3

May 7
May 14
May 21
May 29 (Tues)(Quit day)
June 4
June 11
June 18

Session 4

July 9
July 16
July 23
July 30 (Quit day)
Aug. 6
Aug. 13
Aug. 20

Session 5

Sept. 10
Sept. 17
Sept. 24
Oct. 1 (Quit day)
Oct. 8
Oct. 15
Oct. 22

Session 6

Nov. 5
Nov. 12
Nov. 19
Nov. 26 (Quit Day)
Dec. 3
Dec. 10
Dec. 17