

Free Quit Smoking Classes



Facilitated by Tino Ratliff

Certified American Lung Association
Freedom From Smoking Facilitator



What: **FREE** 8-session quit smoking series (those who complete the series are eligible for a **\$25 gift card**)

Who: **ANYONE 18+** who is ready to quit smoking for good and lives in Berkeley or the Bay area

* Where: **Online classes** (login information given after registration is complete)

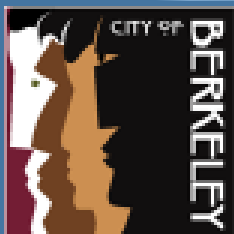
When: 9/7/23, 9/14/23, 9/21/23, 9/28/23, *10/2/23, 10/5/23, 10/12/23, & 10/19/23

Thursday Evenings (*except for Monday 10/2/23)
from 6-8pm

The American Lung Association's Freedom From Smoking classes are a comprehensive variety of evidence based, proven effective techniques, designed to help tobacco users gain control over their behavior and break their dependency.

To [Register click here](#) or use the **QR code to the left**. for more information use the contact information below

E-mail: QuitNow@cityofberkeley.info or
Call: **(510) 981-5330**



Health, Housing & Community
Services Tobacco Prevention
Program
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