

Living Tobacco Free 2017

New Location and Times

Educational classes for tobacco cessation

Are you willing to quit smoking within the next 20 days? We can help! We will provide the tools and resources you need to be successful and quit permanently.

Classes offered each Wednesday for six consecutive weeks. Sessions are offered:

Jan 11 - Feb 15

March 1 - April 5

April 19 - May 24

June 7 - July 12

Aug 9 - Sept 13

Sept 27 - Nov 1

Nov 8 - Dec 13

New Times and Location

10 a.m., noon and 5 p.m.

Paul D. Cordes Outpatient Pavilion
16300 Hwy. 1085, Covington

Light refreshments.
Initial visit is one on one counseling.

Please call to register
(985) 898-4468.



Presented by
Certified Tobacco Treatment Specialists
of St. Tammany Parish Hospital



WORLD-CLASS HEALTHCARE. CLOSE TO HOME.