



SUFFOLK COUNTY DEPARTMENT OF HEALTH

# **"LEARN TO BE...TOBACCO FREE" PROGRAM**

**FREE SMOKING CESSATION CLASSES TO BE HELD AT**

**Brookhaven Memorial Hospital**

**Class held across street @ 100 Hospital Road**

**Room 212**

**Call to register: 654-7778**

**ALL CLASSES ARE AT 6:00 PM**

<b><u>CLASS 1</u></b>	<b>5/4</b>	<b>REGISTRATION &amp; PROGRAM OVERVIEW</b>
<b><u>CLASS 2</u></b>	<b>5/11</b>	<b>TOBACCO ADDITIVES</b>
<b><u>CLASS 3</u></b>	<b>5/18</b>	<b>PAM LAFFIN VIDEO</b>
<b><u>CLASS 4</u></b>	<b>5/25</b>	<b>THE PHYSICAL, PSYCHOLOGICAL &amp; HABIT</b>
<b><u>CLASS 5</u></b>	<b>6/1</b>	<b>CREATING SUPPORT SYSTEMS</b>
<b><u>CLASS 6</u></b>	<b>6/8</b>	<b>QUIT PLAN PROGRESS REVIEW</b>
<b><u>CLASS 7</u></b>	<b>6/22</b>	<b>REUNION CLASS</b>

- JANIS HURLEY, PUBLIC HEALTH EDUCATOR: 853-3187
- PROGRAM WEBSITE INCLUDING NEW CLASSES:  
[WWW.SUFFOLKCOUNTYNY.GOV/HEALTH](http://WWW.SUFFOLKCOUNTYNY.GOV/HEALTH)

**"QUITTING SMOKING IS A LEARNING PROCESS,  
NOT A ONE TIME EVENT"**