



Memorial Medical
Center
Sutter Gould
Medical Foundation

Sutter Health Affiliates

With You. For Life.

You CAN Break Free from Tobacco



**Are you ready?
Thinking about quitting
smoking or chewing?
This is the first step toward a healthier life.
Now you have access to a program
that can help.**

Freedom From Smoking Class Open to Employees and the Community

Start Dates: The following dates mark the beginning of a new class.

(please choose the start date that's best for you)

- January 18th
- March 8th
- May 3rd
- August 2nd
- October 4th
- No class in July or December

Time: 6:30 - 8 p.m.

**Location: Memorial Medical Plaza
1800 Coffee Road, Suite 70**

**Instructors: Janet Fantazia, RRT
Kelly Hughes, RRT**

**Registration: First night of class but call
(209) 548-7892 to reserve your spot!
Courses are free. Course material
fees may apply .**

