



Are you ready to **QUIT SMOKING?**

**A smoker must decide
to quit! Are you ready?**

Our Fresh Start Tobacco Cessation classes will help smokers identify skills that aid those who are ready to quit. We'll prepare class participants with the small changes and develop affirmations to help you quit smoking for good.

**TUESDAY'S
4:00 - 5:00 pm**

Community Cancer Center
2ND Floor Conference Rooms

No RSVP Needed!

For more information about Tobacco Cessation Programs contact:

CCC Outreach Program Office

Phone: 541-672-0072

or Email: AFreeman@CCCRoseburg.org



Community Cancer Center