



Connecting To Quit



NO-COST Tobacco Cessation Classes

- Quit smoking
- Quit Chewing
- Make a plan that works for you

October 2016 Schedule

Tuesday	October 4, 2016	
Thursday	October 6, 2016	
Tuesday	October 11, 2016	
Thursday	October 13, 2016	(Quit Day)
Tuesday	October 18, 2016	
Thursday	October 20, 2016	

Classes will be from 3:00 pm - 4:00 pm

at

Yuba County Library

303 2nd Street, Marysville

Wheelchair Accessible

In compliance with the Americans with Disabilities Act, the facility for this event is wheelchair accessible and disabled parking is available. If you have a disability and need disability-related modifications or accommodations to participate in this event, please contact Yuba County Health & Human Services at (530)749-6366 or fax (530)749-6397. Requests must be made two full business days before the start of the event.

**For More
Information or to
Register Call
(530) 749-6366**

Yuba County Health and Human Services Department

Public Health Division

Tobacco Education