



I WILL: Breathe Fresh Air

Smoking Cessation Program

The Providence Smoking Cessation Program is designed to provide you with the tools necessary to stop smoking and begin living your best, healthiest life.

Oct. 28 - Dec. 9, 2019 | 8-session series
6:00 – 7:30 p.m.

Overview:

Your class curriculum will be centered on behavior modification techniques, coping skills, social change, weight management, stress management and the role of medication in your lifestyle change.

Join a group of those taking their first step, engage in the conversations, celebrate the successes, learn from the challenges and build a community of support to help you reach your summit.

We want to help you navigate this new path – let us help you take your first step. **This is the first step that changes everything.**

Registration:

8-session group series:
Oct. 28, Nov 4, 11, 18, 20, 25, Dec. 2, 9

General Public: \$175*
Providence Health Plan members: FREE

Financial assistance is available.
Please call 503.216.5641 for more information.

Online registration:
www.providence.org/classes

Providence Resource Line:
503-574-6595

*Smoking cessation is now a covered medical benefit. Please check with your health insurance on your specific coverage benefits for this class.

9427 SW Barnes Road, Portland OR 97225
Mother Joseph Plaza . First Floor
Providence St. Vincent Medical Center campus