



## Freshstart 2011 Schedule

### *Staying Quit and Enjoying It Forever®*

**Freshstart** is the American Cancer Society's quit smoking program. All of the methods and activities contain the most effective elements for success. The single most important element is **You** – and your dedication to fight the addiction to nicotine that makes you want to smoke. **Freshstart** can be your start to a new life without cigarettes!

**Freshstart** emphasizes that smoking cessation is a two-part process: (1) **stopping** and (2) **staying stopped**. Because individuals differ as to which part is most difficult for them, **Freshstart** addresses both processes: the group and your facilitator will help you stop smoking as quickly as possible and learn new techniques for ending your physical and psychological need to smoke.

**Freshstart** is offered at no cost through Frye Regional Medical Center. Please call the numbers below for more information or to register for a session.

#### **Frye Regional Medical Center**

##### **Session Dates/Time**

Monday, March 7, 2011 1-3 pm Cancer Center Resource Room 4<sup>th</sup> Floor - FRMC

Monday, June 6, 2011 1-3 pm Cancer Center Resource Room 4<sup>th</sup> Floor – FRMC

Monday, September 12, 2011 1-3 pm Cancer Center Resource Room 4<sup>th</sup> Floor – FRMC

Monday, December 5, 2011 1-3 pm Cancer Center Resource Room 4<sup>th</sup> Floor – FRMC

\*\*Additional/private Freshstart classes can be scheduled upon request – please call 828.315.3596 for more information or to schedule a class.

##### **Location**

Frye Regional Medical Center's 4 North Conference Room  
420 North Center Street, Hickory, NC