



Freshstart 2010 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 Catawba Valley Medical Center's Health First Center. Please call the number below for more information or to register for a session.

Catawba Valley Medical Center's Health First Center

Session Dates/Time

Saturday, January 16 at 10:00 a.m.

Saturday, April 10 at 10 a.m.

Saturday, July 24 at 10 a.m.

Saturday, November 6 at 10 a.m.

Location

Catawba Valley Medical Center's Health First Center

Lower Level, Valley Hills Mall (next to Belk), Hickory, NC

For more information or to register, please call (828) 485-2792