

Rideout Health **FREE Community Health Education Class**

Learn To Stop Using Tobacco

**Stop Smoking. Stop Chewing Tobacco.
Learn to develop a plan that works.**

FREE Clean Break Class

*Attendance required for insurance approval of nicotine patch.

Clean Break Schedule thru December 2013

January	7	9	14	16
February	4	6	11	13
March	4	6	11	13
April	1	3	8	10
May	6	8	13	15
June	3	5	10	12
July	1	3	8	10
August	5	7	12	14
September	9	11	16	18
October	7	9	14	16
November	4	6	11	13
December	2	4	9	11

Classes are held at Rideout Cardiac Rehabilitation,
401 I Street, Marysville, from 5:30-7PM.

For Information and Registration call:
Rideout Cardiac Rehabilitation

741-3840

or Bob Norton:

695-2846



**RIDEOUT
HEALTH**

