

Tobacco Cessation 101

Improving your health and saving money are just **two** reasons to **quit tobacco.**

Attend this class to get the **resources** you need to be **successful!**

LIVE
TOBACCO-FREE
AUSTIN

For a list of upcoming classes, please visit the **HealthyConnections** website on **CitySpace.**

Sign up on **TRAIN** or call **512-974-3284** and ask to speak with a **Wellness Consultant.**

Ready to be FREE from tobacco?



Sign up for Tobacco Cessation 101 to help you live tobacco free. This two-part course is designed for all tobacco users.

Employees, retirees, and dependents (age 18 and older) who are covered by a City medical plan and attend the class are eligible to receive cessation medication **FREE** for six months.



Tobacco Cessation 101 Schedule of Classes 2016



Day/Date	Time	Location
Part 1: Feb 11 - Thurs Part 2: Feb 25 - Thurs	2 to 4 pm 2 to 3 pm	Rutherford Campus, Ground FI Conf Room (1520 Rutherford Lane, Bldg 1)
Part 1: Feb 18 - Thurs Part 2: March 1 - Tues	9 to 11 am 9 to 10 am	Learning & Research Center (2800 Spirit of Texas Drive)
Part 1: March 22 - Tues Part 2: April 5 - Tues	2 to 4 pm 2 to 3 pm	One Texas Center, Room 325 (505 Barton Springs Road)
Part 1: April 13 - Wed Part 2: April 27 - Wed	8:30 to 10:30 am 8:30 to 9:30 am	Rutherford Campus, Ground FI Conf Room (1520 Rutherford Lane, Bldg 1)
Part 1: June 13 - Mon Part 2: June 28 - Mon	2 to 4 pm 2 to 3 pm	One Texas Center, Room 325 (505 Barton Springs Road)
Part 1: July 14 - Thurs Part 2: July 28 - Thurs	2 to 4 pm 2 to 3 pm	Rutherford Campus, Ground FI Conf Room (1520 Rutherford Lane, Bldg 1)
Part 1: Sept 6 - Tues Part 2: Sept 20 - Tues	2 to 4 pm 2 to 3 pm	One Texas Center, Room 325 (505 Barton Springs Road)

