



# 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**

January thru December 2016

JANUARY	4	6	11	13
FEBRUARY	1	3	8	10
MARCH:	7	9	14	16
APRIL:	4	6	11	13
MAY:	2	4	9	11
JUNE:	6	8	13	15
JULY:	11	13	18	20
AUGUST	1	3	8	10
SEPTEMBER	6	7	12	14
OCTOBER:	3	5	10	12
NOVEMBER:	7	9	14	16
DECEMBER	5	7	12	14

\*Sept 5 is Labor Day

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**

RideoutHealth.org | [f.com/fremontrideout](https://www.facebook.com/fremontrideout)