

Tobacco-Free Wellness



This seven-session tobacco cessation program is appropriate for individuals who smoke cigarettes, pipes, and cigars or use smokeless tobacco products. The program includes:

- Group Interaction & Support
- Positive Behavior Change
- Developing a Quit Plan
- Coping With Urges
- Relapse Prevention

Individual consults are also available. The program is free. All classes meet at the Cocalico Center for Health, 63 West Church Street in Stevens. For more information or to register, please call the Wellness Center at (717) 336-6578.

Upcoming Classes

Thursdays, January 8 – February 19 • 6:00–7:30 PM

Thursdays, March 12 – April 23 • 6:00–7:30 PM

Thursdays, May 14 – June 25 • 6:00–7:30 PM

Thursdays, July 9 – August 20 • 6:00–7:30 PM

Thursdays, September 10–October 22 • 6:00–7:30 PM

Mondays, November 2–December 14 • 6:00–7:30 PM

