



# Courage to QUIT

An ARMC program designed to help you quit tobacco.

**This 4-week series is for people ready to quit using tobacco during the class. In this class you will:**

- ★ Make a quit plan
- ★ Learn tools to get through withdrawal
  - ★ Make a plan to handle your triggers
- ★ Learn healthy ways to deal with stress
  - ★ **Quit tobacco!**

\$30 deposit, returned if attend all 4 sessions

**Tuesdays**  
**May 2nd-23rd**  
**4:30-5:30**

**706-475-1029**

