



# Tobacco Cessation

Are you ready to break free of tobacco? Carolinas HealthCare System is proud to offer two different options aimed at assisting you in achieving your goal.

## QuitSmart

A FREE three-session smoking cessation program held in a group setting. This program uses techniques like brand switching and nicotine replacement therapy to encourage success and to keep you comfortably smoke free. Each session is approximately 90 minutes in duration. Interested participants will need to be committed to the quitting process and to attending all three sessions. See back of flyer for schedule and location details.

## Health Coaching

A one-on-one health coaching option, depending on initial conversation with health coach. Sessions may be completed in person, by telephone or a combination of both. This health experience will combine health coaching with nicotine replacement, brand switching and personalized goal setting. Each session is 30-60 minutes. Health Coaching cost is \$75.00 for three sessions.

Please call [704-667-2565](tel:704-667-2565) or email [communitywellness@carolinashealthcare.org](mailto:communitywellness@carolinashealthcare.org) for more information and to register for a class. Registration for group classes is required 48 hours in advance of first class date.



Carolinas HealthCare System

[CarolinasHealthCare.org](http://CarolinasHealthCare.org)

# 2016 QuitSmart Class Schedule

The QuitSmart program uses techniques like brand switching and nicotine replacement therapy to improve success and help keep you comfortable smoke free. In addition to the community, Carolinas HealthCare System teammates' spouses and dependents are welcome to attend as well. **Each session is 90 minutes.**

Location	Weekdays	Dates	Time
Levine Cancer Institute	Wednesdays	Jan 27 Feb 10, 17	12:00 p.m. to 1:30 p.m.
Carolinas HealthCare System Wellness Center	Tuesdays	March 8, 22, 29	11:30 a.m. to 1 p.m.
CHS Myers Park	Thursdays	April 7, 21, 28	10 a.m. to 11:30 a.m.
Carolinas HealthCare System Pineville	Thursdays	May 5, 19, 26	5 p.m. to 6:30 p.m.
Levine Cancer Institute	Wednesdays	July 6, 20, 27	12 p.m. to 1:30 p.m.
John Crawford Renaissance Center	Tuesdays	July 19, August 2, 9	5:30 p.m. to 7 p.m.
Carolinas HealthCare System Wellness Center	Mondays	September 12, 26 October 3	5:30 p.m. to 7 p.m.
Levine Cancer Institute University Radiation Therapy Center	Tuesdays	November 1, 15, 22	4 p.m. to 5:30 p.m.

## Location Addresses:

**Levine Cancer Institute**  
1021 Morehead Medical Drive  
Charlotte, NC 28204

**Carolinas HealthCare System Pineville**  
10628 Park Road  
Charlotte, NC 28210

**Carolinas HealthCare System  
Wellness Center**  
1090 NE Gateway Court #102  
Concord, NC 28025

**Levine Cancer Institute  
University**  
8800 North Tryon St.  
Charlotte, NC 28262

**John Crawford Renaissance  
Center**  
3610 Nobles Avenue  
Charlotte, NC 28208

**Carolinas HealthCare System  
Myers Park**  
1350 South Kings Drive  
Charlotte, NC 28207



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