

Locations

Carolinas HealthCare System-Myers Park

1350 South Kings Drive
Charlotte, NC 28207

Carolinas HealthCare System-Pineville

10628 Park Road
Charlotte, NC 28210

Carolinas HealthCare System-Wellness Center

1090 NE Gateway Court, Suite 102
Concord, NC 28025

John Crawford Renaissance Center

3610 Nobles Ave.
Charlotte, NC 28208

Levine Cancer Institute-Main

1021 Morehead Medical Drive
Charlotte, NC 28204

Levine Cancer Institute-University

8800 North Tryon St.
Charlotte, NC 28262

Northwest Health Department

2845 Beatties Ford Road
Charlotte, NC

West Cabarrus YMCA

5325 Langford Ave.
Concord, NC 28027



Carolinas HealthCare System

CarolinasHealthCare.org

ARE YOU READY TO BREAK FREE OF TOBACCO?

Carolinas HealthCare System is committed to your health. We are proud to partner with you on your journey to become tobacco free.



Carolinas HealthCare System

2017 QuitSmart Class Schedule

Location	Days	Dates	Time
Levine Cancer Institute-Main	Wed	Jan 25 Feb 8, 15	noon - 1:30 p.m
Carolinas HealthCare System-Wellness Center	Mon	Feb 6, 20, 27	5:30 - 7 p.m.
Northwest Health Department	Tues	Feb 7, 21, 28	noon - 1:30 p.m.
John Crawford Renaissance Center	Wed	March 8, 22, 29	noon - 1:30 p.m.
Carolinas HealthCare System-Pineville	Thurs	April 6, 20, 27	5:30 - 7 p.m.
West Cabarrus YMCA	Thurs	May 11, 25 June 1	5:30 - 7 p.m.
Levine Cancer Institute-Main	Wed	June 7, 21, 28	noon - 1:30 p.m.
Carolinas HealthCare System-Wellness Center	Mon	July 10, 24, 31	11:30 a.m. - 1 p.m.
Carolinas HealthCare System-Myers Park	Thurs	Sept 7, 21, 28	11:30 a.m. - 1 p.m.
Carolinas HealthCare System-Wellness Center	Mon	Oct 9, 23, 30	5:30 - 7 p.m.
Levine Cancer Institute-University	Wed	Oct 25 Nov 8, 15	11:30 a.m. - 1 p.m.

Carolinas HealthCare System provides resources to assist in your journey to become tobacco free. While some find quitting “cold turkey” an option, most people find a collaborative approach to a healthier lifestyle works best for them. Our coaches will work with you to identify the next step when you are ready to begin your tobacco free life.

QuitSmart

A **free** three-session program held in a group setting, QuitSmart uses techniques like motivational behavior changes and nicotine replacement therapy to encourage success and keep you comfortably smoke-free. Each session lasts 90 minutes. Interested participants should be committed to the quitting process and to attending all three sessions.

Counseling Sessions

Counseling Sessions gives you the option for more personalized, one-on-one coaching session. Each session may be completed in person, by telephone or a combination of both. This health experience combines motivational behavior change with nicotine replacement and personalized goal setting. Each session lasts 30 to 60 minutes. Counseling sessions cost \$75 for a total of three sessions.

To discuss your decision to become tobacco free or register for a program:

Call: **704-667-2565**

Email: CommunityWellness@CarolinasHealthCare.org

You must register for group classes at least 48 hours before the date of the first class.