



SUFFOLK COUNTY  
DEPARTMENT OF HEALTH  
**"LEARN TO BE...TOBACCO FREE"**  
**PROGRAM**

*FREE SMOKING CESSATION CLASSES TO BE HELD AT*  
**Greenport Floyd Memorial Library**

539 First Street  
Greenport, NY 11944

Call to register: 477-0660  
ALL CLASSES ARE AT 6:00 PM

<u>CLASS 1</u>	3/9.....REGISTRATION & PROGRAM OVERVIEW
<u>CLASS 2</u>	3/16.....TOBACCO ADDITIVES
<u>CLASS 3</u>	3/23.....PAM LAFFIN VIDEO
<u>CLASS 4</u>	3/30.....THE PHYSICAL, PSYCHOLOGICAL & HABIT
<u>CLASS 5</u>	4/6.....CREATING SUPPORT SYSTEMS
<u>CLASS 6</u>	4/13.....QUIT PLAN PROGRESS REVIEW
<u>CLASS 7</u>	4/27.....REUNION CLASS

- JANIS HURLEY, PUBLIC HEALTH EDUCATOR: 853-3187
- PROGRAM WEBSITE INCLUDING NEW CLASSES:  
[WWW.SUFFOLKCOUNTYNY.GOV/HEALTH](http://WWW.SUFFOLKCOUNTYNY.GOV/HEALTH)

**"QUITTING SMOKING IS A LEARNING PROCESS,  
NOT A ONE TIME EVENT"**