Let NHRMC Help You Quit Smoking!

**FREE** Smoking Cessation Classes

Learn about the health risks of smoking, benefits of quitting, and ways to help you quit.

Presented by

Tony Bollhorst, Respiratory Therapist
Rachel Thomas, Pharmacist

**Thursday, January 17, 6-7 p.m.**
**Thursday, April 18, 6-7 p.m.**
**Thursday, July 18, 6-7 p.m.**
**Thursday, November 21, 6-7 p.m.**

*Additional dates to be determined*

First floor classroom at Cape Fear Heart Associates,
1415 Physicians Drive

**CALL 910.264.9200** for more information or to sign up.

Let’s make healthier happen.

New Hanover Regional Medical Center

Over-the-counter nicotine replacement products can be purchased at a reduced cost for participants with a coupon redeemable at NHRMC Outpatient Pharmacy.

www.nhrmc.org