

BUILT TO QUIT

We can help you **stop smoking and using tobacco**



It's not just cigarettes.

Register for tips on how to:

- Quit smoking and using tobacco.
- Manage stress.
- Avoid weight gain.
- Cope with withdrawal symptoms.

2025 Schedule*

Class 1: January 7 - February 11

Class 2: March 4 - April 8

Class 3: April 29 - June 3

Class 4: July 8 - August 12

Class 5: September 9 - October 14

Class 6: November 11 - December 16

**Classes meet once a week for six weeks.*

Our Built To Quit courses offer the American Lung Association Freedom From Smoking® program led by a certified facilitator. Behavioral therapists, nutritionists, and respiratory therapists visit the group to provide added smoking and tobacco cessation support and guidance. Classes are offered during afternoon and evening hours. Remote/online options available. Participants will receive nicotine replacement therapy (if qualified) and a workbook with a meditation MP3 download. Lunch/dinner is provided for on-site classes.

For more information, or to register for a class:

Call: 404.780.7653 **Email:** smokingcessation@northside.com

Visit: northside.com/smoking-and-tobacco-resources



FREEDOM
FROM SMOKING®

**BUILT
TO BEAT
CANCER**

LOOK TO
**NORTHSIDE
HOSPITAL**
CANCER INSTITUTE