



Get Help Quitting Tobacco

Be Tobacco Free classes for those who want to quit tobacco and stay tobacco-free

Classes are free to attend & open to the public!

Learn about:

Preparing to quit

Understanding different ways to quit

Coping with tobacco use urges

Staying tobacco-free

**60-minute Virtual Classes offered the
1st Tuesday of Every Month at 12 noon & 5:30 p.m.**



**Call 844-375-9355 or email BeTobaccoFree@AdvocateHealth.org for
more information**