



# FREEDOM from Smoking

## FREE Tobacco Cessation Program



**7 WEEK VIRTUAL PROGRAM**  
Tuesdays from 5:30 p.m. to 6:30 p.m.

**UPCOMING SESSION DATES:**

Tuesdays, August 30th - October 11th

**TO REGISTER:**

Call **513-585-0690**

or by email [stephanie.arnold@thechrishospital.com](mailto:stephanie.arnold@thechrishospital.com)

Classes will be held via Zoom meetings. You will receive a link to the virtual meeting upon registration.



[TheChristHospital.com](http://TheChristHospital.com)