

Tobacco-Free Wellness



This seven-session tobacco cessation program is appropriate for individuals who smoke cigarettes, pipes, and cigars or use smokeless tobacco products. The program includes:

- Group Interaction & Support
- Positive Behavior Change
- Developing a Quit Plan
- Coping With Urges
- Relapse Prevention

Individual consults are also available. The program is free. For more information or to register, please call the Wellness Center at (717) 721-8790.

Upcoming Classes

Thursdays, January 19-March 2 • 6:00-7:30 PM

Thursdays, March 30-May 11 • 6:00-7:30 PM

Thursdays, July 13-August 24 • 6:00-7:30 PM

Thursdays, September 7-October 19 • 6:00-7:30 PM

Mondays, November 6-December 18 • 6:00-7:30 PM

All classes are held at the WellSpan Cocalico Health Center.

