



Get Help Quitting Tobacco

Getting the right support at the right time is key to quitting tobacco use. We're here to help you. At Atrium Health, we're excited to offer **Be Tobacco Free** classes for those who want to quit tobacco and stay tobacco-free.

Learn about:

- Preparing to quit
- Understanding different ways to quit
- Coping with tobacco use urges
- Staying tobacco-free once you have reached your goal

Our **Be Tobacco Free** classes include three to four 90-minute group sessions. These classes are free to attend and open to the public.

In addition to **Be Tobacco Free** classes, we also offer individual sessions. A fee may apply for individual sessions, depending on your medical coverage.

For more information including upcoming class times, call 844-375-9355 or email BeTobaccoFree@AtriumHealth.org.

