



# Rideout Health **FREE** Community Health Education Class **Learn To Stop Using Tobacco**

Stop Smoking. Stop Chewing Tobacco. Learn to develop a plan that works.

## **FREE Clean Break Class**

\*Attendance required for insurance approval of nicotine patch.

### **Clean Break Schedule**

**January thru December 2017**

JANUARY:	2	4	9	11
FEBRUARY:	6	8	13	15
MARCH:	6	8	13	15
APRIL:	3	5	10	12
MAY:	1	3	8	10
JUNE:	5	7	12	14
JULY:	3	5	10	12
AUGUST:	7	9	14	16
SEPTEMBER:	5	6	11	13
OCTOBER:	2	4	10	11
NOVEMBER:	6	8	13	15
DECEMBER:	4	6	11	13

\*Sept 4 is Labor Day, Oct 9 is Columbus Day

Classes are held at:  
Rideout Cardiac Rehabilitation  
401 I Street, Marysville, from 5:30-7PM.

**For Information and Registration call:**

Rideout Cardiac Rehabilitation

**530.741.3840**

or Bob Norton

**530.751.2846**



**RIDEOUT  
HEALTH**

RideoutHealth.org | [f.com/fremontrideout](https://www.facebook.com/fremontrideout)