



Be tobacco-free!

About the class:

Centra's Pulmonary Rehabilitation Program offers a FREE, hour-long, Be Tobacco Free class the second Thursday of each month for people considering a tobacco-free life. Be Tobacco Free includes both smoking and chewing tobacco. Whether this is your first attempt, or your fifth, it is never too late to quit.

2019 class dates:

January 10, February 14, March 14, April 11, May 9, June 13, July 11, August 8, September 12, October 10, November 14, and December 12.

Registration:

Call 434.200.3812 and leave a message.



CENTRA MEDICAL GROUP

Stroobants Cardiovascular Center

SPECIAL CLASSES

DATE: Second Thursday of each month

TIME: 1 to 2 pm

LOCATION:
Cardiopulmonary Rehab Classroom, Centra Medical Group Stroobants Cardiovascular Center, 2410 Atherholt Road, Lynchburg, Virginia