



# 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.

## 2020 class dates:

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

## 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