

Beth Israel

Continuum Health Partner



A better way to quit.

FRESH START

8-session smoking cessation program

FREE Introduction Session: Monday, April 28, 2008

Meeting Dates: Mondays and Thursdays, 5/1, 5/5, 5/8, 5/12, 5/15,
5/19, 5/22 and 5/29, 6:15-7:30pm

Place: Phillips Ambulatory Care Center
10 Union Square East (b/w 14th & 15th St), 4th Fl
Room – 4G01

Facilitator: Shari Helaine Lichtman,
Former smoker, American Cancer Society trained

For additional information or to register: Please call the Karpas Health
Information Center at 212-420-4247 or e-mail the group facilitator:
shari@stopsmokingclass.com

Fee: \$95 (discounts given to Continuum employees)

Fresh Start offers:

Group support

Materials from the leading health organizations

Effective guidelines for personal accomplishment

Assistance with use of nicotine replacement

Cognitive/behavioral methods for positive change

Sponsored by the Karpas Health Information
Center

