

Freedom From Smoking

sponsored by **Richland County Health Department**

Classes Held Twice a Year (September & March)



7 sessions:

Location: NDSCS Student Center

Time: 7-9PM

Classes Offered at No Cost

Requirements:

Must pre-register

All tobacco users are welcome



How to sign up:

Call **701-642-7744** (confidential line)

Leave your name, phone number & the best time to contact you.



We will provide you with:

A trained instructor

Workbooks & other resource materials

Guest speakers

Up to \$125 of financial assistance to use towards prescription medication and/or nicotine replacement therapy products

Tools necessary to break the addiction from nicotine



Other Options

North Dakota Residents



Minnesota Residents

