

Smoke-free for Mommy and Me

Need help putting out that cigarette? If you are planning to have a baby, are pregnant or have just had a baby, we have resources and support to help you quit smoking.

Join us for a free six-week smoking cessation series designed just for you.



Free Smoking Cessation Classes

Norton Women's Pavilion • 6 to 7:30 p.m.

Norton Hospital
Third-floor Conference Room
200 E. Chestnut St.
Louisville, Ky.

May/June classes meet on Mondays (except Memorial Day)

- May 24; Tuesday, June 1; June 7; June 14; June 21; June 28

September/October classes meet on Thursdays

- Sept. 2, Sept. 9, Sept. 16, Sept 23, Sept. 30, Oct. 7

October/November classes meet on Mondays

- Oct. 4, Oct 11, Oct. 18, Oct 25, Nov. 1, Nov. 8

January/February 2011 classes meet on Thursdays

- Jan. 6, Jan. 13, Jan. 20, Jan. 27, Feb. 3, Feb. 10

Class topics

Week 1: Understanding facts about tobacco and the negative effects tobacco has on pregnant women, children and the entire family.

Week 2: Understanding why you smoke.

Week 3: Learning ways to manage stress other than by smoking.

Week 4: Conquering potential challenges associated with quitting, part I.

Week 5: Conquering potential challenges associated with quitting, part II.

Week 6: Learning how to remain a nonsmoker.

Call (502) **629-1234** or visit **NortonBaby.com** to register for these free classes. Registration is required. Bring your parking garage ticket to class for free parking validation.

