

Call It Quits

You Can Stop Smoking. We Can Help.

Mills-Peninsula Health Services offers a smoking cessation and relapse prevention support group facilitated by a registered nurse and Mayo Clinic certified tobacco treatment specialist (CTTS).

This support group is open to all people working to quit smoking, even those who aren't yet smoke-free. It provides extra support to help you become and stay smoke-free.

Quitting smoking is the single most important thing you can do for your health. We help smokers maximize the likelihood of success in their efforts to quit.

Smoking cessation and relapse prevention support group

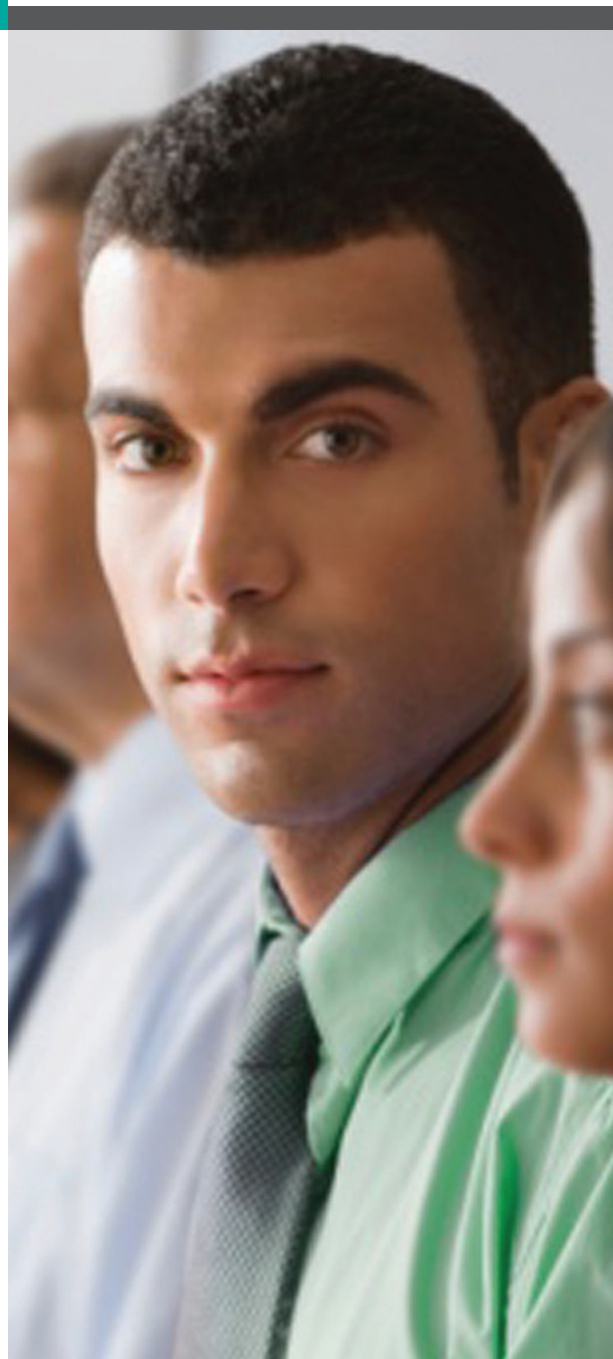
Mondays, 6:30 – 7:30 p.m.

**Mills-Peninsula Medical Center
Conference Room G, first floor**

Free

Joan Schoonover, R.N., CTTS,
program facilitator and group leader.

Call **650-696-4308** to register.



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