

# Have the courage to quit.



## **A 4-week series for people ready to quit tobacco.**

### **In this class, you will:**

- Make a quit plan.
- Learn tools to get through withdrawal.
- Make a plan to handle your triggers.
- Learn healthy ways to deal with stress.

Visit [piedmont.org/classes](https://piedmont.org/classes) to register or call **404.291.1396**