



Tobacco Cessation Program

Do you want to stop using tobacco?

At Atrium Health, we're excited to offer free **Be Tobacco Free** classes for smokers who want to quit and stay smoke-free. Proper planning and support are key, and we are committed to helping you improve your health. Being smoke-free cuts your risk of disease and improves your health.

Call 844-375-9355 to sign up for FREE **Be Tobacco Free** classes and information on dates and times.

Learn about:

- Preparing to quit
- Understanding different ways to quit
- Coping with urges to smoke
- Staying smoke-free once you've reached your goal

Our Tobacco Cessation Program includes three to four, 90-minute group sessions. Classes are free, open to the public and are offered at the following locations:

[Atrium Health University City](#)

[Carolinas Medical Center](#)

[Carolinas Medical Center - Mercy](#)

[Carolinas HealthCare System NorthEast](#)

[Charlotte Medical Clinic - SouthPark](#)

In addition to **Be Tobacco Free** classes, we also offer individual sessions at a small fee. We congratulate you on taking this important step to improve your health.