



Need help giving up Tobacco? Looking for someone to talk to?

STAYING on the RIGHT TRACK tobacco cessation SUPPORT GROUP

This FREE monthly support group is for individuals who are thinking about a quit or for anyone working on maintaining a quit. The group will help with relapse prevention skills and provide you with continuous support.

September and October locations and times:

***Convenient Care at Ithaca
10 Arrowwood Drive
(just off of Warren Rd.)***

***Tuesday 9/15/15
12:30 – 1:30pm Conference room***

***Tuesday 10/20/15
12:30 – 1:30pm Conference room***

***Convenient Care at Cortland
1129 Commons Ave.
(just off Route 281)***

***Tuesday 9/15/15
4:30pm – 5:30pm***

***Tuesday 10/20/15
4:30 – 5:30pm***

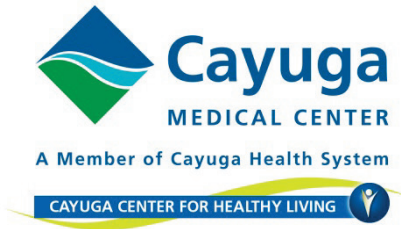
***Cayuga Medical Center
101 Dates Drive***

***Tuesday 9/1/15
4:30 – 5:30 pm Radiation oncology
waiting room***

***Tuesday 10/6/15
4:30 – 5:30pm Radiation oncology
waiting room***



**Call for more information 607-252-3590
Come join us, no matter where you are along your journey...**



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November and December locations and times:

***Convenient Care at Ithaca
10 Arrowwood Drive
(just off of Warren Rd.)***

***Tuesday 11/17/15
12:30 – 1:30pm Conference room***

***Tuesday 12/15/15
12:30 – 1:30pm Conference room***

***Convenient Care at Cortland
1129 Commons Ave.
(just off Route 281)***

***Tuesday 11/17/15
4:30pm – 5:30pm***

***Tuesday 12/15/15
4:30 – 5:30pm***

***Cayuga Medical Center
101 Dates Drive***

***Tuesday 11/3/15
4:30 – 5:30 pm Radiation oncology
waiting room***

***Tuesday 12/1/15
4:30 – 5:30pm Radiation oncology
waiting room***



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