



## 2016 support group dates

---

*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 9/20/16***  
***12:00 – 1:00pm Conference room***  
***Tuesday 10/18/16***  
***12:00 – 1:00pm Conference room***

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

***Tuesday 9/20/16***  
***4:30pm – 5:30pm***  
***Tuesday 10/18/16***  
***4:30 – 5:30pm***

***Cayuga Medical Center***  
***101 Dates Drive***  
***Radiation oncology waiting area***

***Tuesday 9/6/16***  
***4:30 – 5:30pm***  
***Tuesday 10/4/16***  
***4:30 – 5:30pm***

**CAYUGA CENTER FOR HEALTHY LIVING**



Call for more information 607-252-3590

Come join us, no matter where you are along your journey.....