



Need help giving up Tobacco? Come to a FREE support group.

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.

April, May, June 2017 locations and times:

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

***Tuesday 12:30 – 1:30pm
April 18
May 16
June 20***

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

***Tuesday 4:30 – 5:30pm
April 18
May 16
June 20***

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

***Tuesday 4:30 – 5:30pm
April 4
May 2
June 6***

CAYUGA CENTER FOR HEALTHY LIVING



Call for more information 607-252-3590

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