



Cascade Health Alliance, LLC

2021 Tobacco Cessation Class Schedule

Below is the schedule for the 2021 Tobacco Cessation Program. The classes will be held virtually or at the Community Health Education Center located at 2200 N. Eldorado Avenue. Please contact the Pharmacy Department at (541) 883-2947 for additional information.

All Classes 1:30-3:00 pm

Session 1

Jan. 11
Jan. 18
Jan. 25
Feb. 1 (Quit day)
Feb. 8
Feb. 15
Feb. 22

Session 2

Mar. 8
Mar. 15
Mar. 22
Mar. 29 (Quit day)
April 5
Apr. 12
Apr. 19

Session 3

May 3
May 10
May 17
May 24 (Quit day)
June 1 (Tues)
June 7
June 14

Session 4

June 28
July 6 (Tues)
July 12
July 19 (Quit day)
July 26
Aug. 2
Aug. 9

Session 5

Aug. 23
Aug. 30
Sept. 6
Sept. 13 (Quit day)
Sept. 20
Sept. 27
Oct. 4

Session 6

Oct. 25
Nov. 1
Nov. 8
Nov. 15 (Quit Day)
Nov. 22
Nov. 29
Dec. 6