



Cascade Health Alliance, LLC

2022 Tobacco Cessation Class Schedule

Here is the schedule for the 2022 Tobacco Cessation Program. These are all consecutive Mondays unless exception noted. All are scheduled at the Community Health Education Center at 2200 N. Eldorado Avenue. Any questions, please don't hesitate to call 883-2947. Thanks, Kerri

All Classes 1:30-3:00 pm

Session 1

Jan. 3
Jan. 10
Jan. 18 (Tues)
Jan. 24
Jan.31
Feb. 7
Feb. 14

Session 2

Mar. 7
Mar. 14
Mar. 21
Mar. 28
Apr. 4
Apr. 11
Apr. 18

Session 3

May 9
May 16
May 23
May 31 (Tues)
June 6
June 13
June 20

Session 4

July 11
July 18
July 25
Aug 1
Aug 8
Aug. 15
Aug. 22

Session 5

Sept. 12
Sept. 19
Sept. 26
Oct. 3
Oct. 10
Oct. 17
Oct. 24

Session 6

Nov. 14
Nov. 21
Nov. 28
Dec. 5
Dec. 12
Dec. 19
Dec. 27 (Tues)