

## Session Dates and Times

Session Name	Date	Time
<b>Session 1: Thinking About Quitting</b>		
<b>Session 2: On the Road to Freedom</b>		
<b>Session 3: Wanting to Quit</b>		
<b>Session 4: Quit Day</b>		
<b>Session 5: Winning Strategies</b>		
<b>Session 6: The New You</b>		
<b>Session 7: Staying Off</b>		
<b>Session 8: Celebration</b>		

**Location:** \_\_\_\_\_

**Facilitator:** \_\_\_\_\_

**Contact Information:** \_\_\_\_\_