

# Kick the habit.

*Let us help you.*

## Join our Smoking Cessation Program:

*Seven classes toward a healthier, smoke-free life.*

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### **First class**

Tuesday, November 1  
Santa Barbara Cottage Hospital  
5:30 - 7:00 P.M.

Registration required  
Call toll-free 1-855-CHS-WELL  
(1-855-247-9355)

Suggested donation \$20



The not-for-profit Cottage Health is the leader in providing advanced medical care to the Central Coast region. Our specialties include the Cottage Children's Medical Center, Level 2 Trauma Center, Neuroscience Institute, Heart & Vascular Center, Center for Orthopedics, and Rehabilitation Hospital.

