



Kick the habit.

Let us
help you.



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.

Join our Smoking Cessation Program: seven classes toward a healthier, smoke-free life.

FIRST CLASS

August 2, 2016

LOCATION

Santa Barbara Cottage Hospital

TIME

5:30 - 7:00 p.m.

REGISTRATION REQUIRED

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

SUGGESTED DONATION

\$20