



UNMC WILL GO TOBACCO-FREE ON AUGUST 24, 2009

TOBACCO CESSATION CLASSES AT UNMC:

<u>Class 1</u>	<u>Class 2</u>	<u>Class 3</u>	<u>Class 4</u>
Aug. 4, 6, 11 11:30 a.m.	Aug. 13, 20, 27 8 a.m.	Sept. 9, 16, 23 5 p.m.	Oct. 13, 20, 27 5:30 p.m.

Classes will consist of three, one-hour sessions for a total fee of \$15. They will be taught by Tom Klingemann, Pharm.D., who is a pharmacist and certified smoking cessation counselor with over 10 years of experience. He will provide group counseling sessions for UNMC and UNMC Physicians employees, spouses and dependents. For specific locations and to pre-register, contact Jayme Nekuda (559-8962 / jnekuda@unmc.edu). Payments can be routed to Jayme (ADC, zip 5470 or dropped by the Administration Center, room 2011).