

**Washington Regional  
Center for Health Education  
3114 N. College Avenue  
Fayetteville 443-0692**

**“Tobacco-Free At Last!”**

Respiratory Therapists will help you prepare to quit, practice strategies for success, cope with stress and lay out a plan to stay tobacco-free.

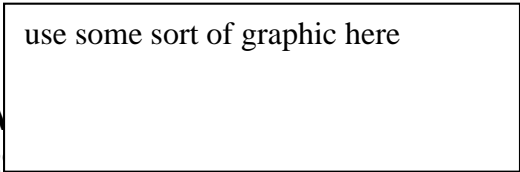
Classes are once a week for 4 weeks, and there is a follow up support system.  
Cost is \$25



**St. Mary’s Hospital  
1200 W. Walnut  
Rogers 636-0200 x 3357**

**Stop Smoking Course**

Open to employees and spouses of St. Mary’s Hospital and Mercy Medical System, this free course follows the American Cancer Society “Fresh Start” curriculum.



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Fayetteville 521-8269**

**“Finally Free From Tobacco”**

This program is taught by Respiratory Therapists with help from physicians. Nicotine substitutes and medications are used. You will be tested for health problems while learning how to stop using tobacco.

Classes are once a week for 4 weeks with follow-up sessions. Cost is \$25.

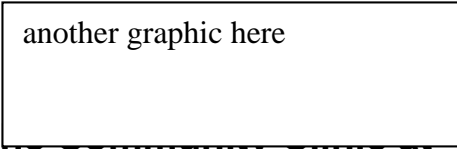


**University Health Center  
600 Razorback Road**

**Fayetteville 575-6479**

**”Stop Smoking”**

This program is for University of Arkansas students, faculty and staff. One-on-one counseling and medications are available. Costs vary according to treatment.



**The Community Clinic at  
St. Francis House  
614 E. Emma Ave, Ste. 300  
Springdale 751-7417**

**“Fresh Start”**

Using American Cancer Society materials, medications and nicotine replacements, you will learn how to cope with the stress of quitting tobacco. Open to lower income and uninsured persons.

Classes are once a week for 4 weeks. Cost is \$5 per session



**Jones Center for Families  
610 E. Emma Avenue  
Springdale 750-6550**

**“Be Tobacco Free”**

This free 4-session course uses the “Fresh Start” curriculum from the American Cancer Society. Topics covered include strategies for quitting, stress and weight management. Classes begin every month.