

<b>Fax:</b>	
<b>To:</b>	<b>From: Living Well with a Chronic Condition</b>
<b>Fax#:</b>	<b>Fax#:</b> 403-955-6868
<b>Phone#:</b>	<b>Phone#:</b> 403-943-2584
<b>Subject:</b>	<b>Date:</b>

# LIVING WELL

WITH A

## Chronic Condition

Fall 2009 & Winter 2010

# Living Well Education Program

## Now Offering:

### Smoke Free (My Path to a Smoke-Free Future)

Three 1-hour sessions

In these sessions you will learn:

- Facts and myths about quitting
- About tools and medications to help you quit
- How to handle difficult situations
- How to stay smoke free

### Who is the class for?

People who would like to quit smoking.

Note: It is not a requirement that you quit smoking to attend these sessions. Please come and get information on quitting.

<u>SITE</u>	<u>DAYS</u>	<u>TIME</u>	<u>SESSION DATES</u>
Calgary Chinese Elderly Citizens Association	Sat	10:00 am - 11:00 am	Jan. 30 and Feb. 6, 2010
SCPCN Health Management Clinic	Tue	6:30 pm - 7:30 pm	Nov. 10, 24 and Dec. 8, 2009
Sunridge Medical Gallery	Tue	5:15 pm - 6:15 pm	Oct. 6, 13 and 20, 2009
Sunridge Medical Gallery	Tue	5:15 pm - 6:15 pm	Jan. 12, 26 and Feb. 9, 2010
Sunridge Medical Gallery	Tue	5:15 pm - 6:15 pm	Mar. 2, 16 and 30, 2010

To Register Call: 403-9-HEALTH (403-943-2584)  
 To View: [www.calgaryhealthregion.ca/cdm](http://www.calgaryhealthregion.ca/cdm)  
 To Refer Fax: 403-955-6868

