



Free Chinese Language Stop Smoking Class

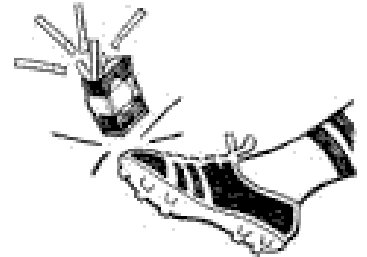
Are you thinking about quitting or trying to quit now?

We can assist you!

You and your family are invited to attend the Stop Smoking Classes

Content:

- ▶ Group Education (3 meetings)
- ▶ Assist smokers to set up personal quit plan
- ▶ Assist to obtain NRT and/or Medications
- ▶ Maintain smoke-free lifestyle
- ▶ Relapse Prevention



Location:

Chinatown Public Health Center
1490 Mason St. (& Broadway)
San Francisco, CA 94133

Contact:

Health Education Department
(628) 217-6565

To sign up:

Please have your clinic staff fax this form to (415)398-5825 or call (628) 217-6565 CPHC Health Education Department

Cut along the line

Please place patient's label here

Best Telephone # to call: _____

Referral from:

CPHC

Other Clinic: _____

Please check all available times for class:

AM: Monday Tuesday Wednesday Thursday Friday Saturday

PM: Monday Tuesday Wednesday Thursday Friday Saturday



免費粵語戒煙班

你想考慮戒煙或正在嘗試去戒煙？

我們可以協助您!!!

華埠公共衛生局邀請你和你家人參加戒煙課程

課程內容：

- ▶ 小組教育講座（共三課）
- ▶ 幫助設立個人戒煙計劃
- ▶ 幫助獲取尼古丁貼片及/或戒煙藥物
- ▶ 保持無煙的生活方式
- ▶ 預防破戒



地點：

華埠公共衛生局
三藩市美臣街 1490 號三樓（夾百老匯街）

聯絡：

華埠公共衛生局保健教育部
致電 (628) 217-6565

報名：

請你的醫護人員將報名表格傳真至 (415) 398-5825
或 致電 (628) 217-6565 華埠公共衛生局保健教育部

Cut along the line

Please place patient's label here

最佳聯絡電話：_____

報名表來自：

CPHC

其它診所：_____

請選上可參加戒煙班的時間：

上午：星期一 星期二 星期三 星期四 星期五 星期六

下午：星期一 星期二 星期三 星期四 星期五 星期六