

# FREE TOBACCO QUIT CLASSES

Want to stop using tobacco and need extra help?

**A six week course is being offered to help you kick the habit for good!**

**Stop using tobacco by July 1, 2009 and avoid the surcharge!**



**Space is limited.  
Sign up today!**

## Tobacco Cessation: Kicking the Habit Spring 2009 Class Schedule



**Classes meet once a week for six weeks!**

Start Date	Class Day and Time	Location	Room Name	City
May 20	Wednesdays 2 to 4 p.m.	East Tennessee State University	D.P. Culp Student Center Forum Room	Johnson City
May 22	Fridays 11 a.m. to 1 p.m.	Tennessee Technological University	Johnson Hall Room 220	Cookeville
May 26	Tuesdays 2 to 4 p.m.	Tennessee Department of Labor and Workforce Development	Titan Room	Nashville
May 26	Tuesdays 11 a.m. to 1 p.m.	Volunteer State Community College	Gipson Hall Conference Room	Gallatin
May 26	Tuesdays 11 a.m. to 1 p.m.	East Tennessee Regional Health Office	Large Conference Room	Knoxville
May 26	Tuesdays 11 a.m. to 1 p.m.	Arlington Development Center	Mark Twain Room 5	Memphis
May 26	Tuesdays 11 a.m. to 1 p.m.	Tennessee Technology Center	Lower Level	Murfreesboro
May 26	Tuesdays 3 to 5 p.m.	University of Tennessee - Chattanooga	Heritage Room University Center	Chattanooga
May 27	Wednesdays 11 a.m. to 1 p.m.	Tennessee Tower	Montgomery Room	Nashville
May 28	Thursdays 11 a.m. to 1 p.m.	Maury County Health Department	Conference Room 17	Columbia

To register for the seminars, visit [www.tn.gov/finance/ins/tobacco.html](http://www.tn.gov/finance/ins/tobacco.html) and follow the link.

To find a class, simply click on "Location" to sort by area, or "Begins" to sort by day and time.

Don't forget about the other quit aids available to plan members!

- Free seven day-a-week access to the Tobacco Quitline at 1-800-QUIT-NOW
- Free 90 minute in person seminars (details are on the back of this flier)
- Free online Webinars
- \$5 co-pays for prescription and over-the-counter medications and quit supports

Complete quit support and surcharge information is available at [www.tn.gov/finance/ins/tobacco.html](http://www.tn.gov/finance/ins/tobacco.html) or by e-mailing [benefits.administration@tn.gov](mailto:benefits.administration@tn.gov)

**Free 90 minute seminars are being offered across the state  
to help you kick the habit for good!**

Tobacco Cessation:  
Setting the Stage to Quit  
Late May Class Schedule

<b>Date</b>	<b>Location</b>	<b>Time</b>
<b>May 18</b>	Loudon County Schools Technology Center (Lenoir City)	11 a.m.
	Rhea Medical Center (Dayton)	11 a.m.
	Rhea Medical Center (Dayton)	3 p.m.
	South Central Human Resource Agency (Fayetteville)	11 a.m.
	Tennessee Technology Center (Crump)	Noon
	Tennessee Technology Center (Shelbyville)	2 p.m.
	Washington County Schools Board of Education (Jonesborough)	3 p.m.
	West Tennessee Mental Health Institute (Bolivar)	2:30 p.m.
<b>May 19</b>	Cheatham County Emergency Operations Center (Ashland City)	11 a.m.
	Dyersburg State Community College (Dyersburg)	10 a.m.
	Knoxville Regional Health Office (Knoxville)	11 a.m.
	Knoxville Regional Health Office (Knoxville)	3 p.m.
	Northwest Correctional Complex (Tiptonville)	1 p.m.
	UT Health Science Institute (Memphis)	3 p.m.
	Volunteer State Community College (Gallatin)	11 a.m.
	Walters State Community College (Morristown)	11 a.m.
Walters State Community College (Morristown)	3 p.m.	
<b>May 20</b>	Austin Peay State University (Clarksville)	11 a.m.
	Austin Peay State University (Clarksville)	3 p.m.
	Greene Valley Development Center (Greeneville)	1 p.m.
	Roane State Community College (Oak Ridge)	9:30 a.m.
	Roane State Community College (Harriman)	2 p.m.
	Southeastern Tennessee State Correctional Facility (Pikeville)	Noon
	Southeastern Tennessee State Correctional Facility (Pikeville)	2:15 p.m.
	Tennessee Technology Center (Cookeville)	3 p.m.
University of Tennessee Martin (Martin)	11 a.m.	
<b>May 21</b>	Arlington Development Center (Memphis)	11 a.m.
	Arlington Development Center (Memphis)	3 p.m.
	Ellington Agricultural Center (Nashville)	10 a.m.
	Tennessee Department of Transportation (Chattanooga)	10:30 a.m.
	Tennessee Department of Transportation (Chattanooga)	1 p.m.
	Tennessee Technology Center (Jacksboro)	3 p.m.
	Tennessee Technology Center (McKenzie)	2 p.m.
	UT Space Institute (Tullahoma)	11 a.m.
UT Space Institute (Tullahoma)	3 p.m.	
<b>May 22</b>	Tennessee Department of Health (Nashville)	11 a.m.
	Tennessee Department of Health (Nashville)	3 p.m.
	Tennessee Technology Center (Paris)	3 p.m.
<b>May 26</b>	Lawrence County Health Department (Lawrenceburg)	2 p.m.
<b>May 27</b>	University of Tennessee Knoxville (Knoxville)	11 a.m.
	University of Tennessee Knoxville (Knoxville)	3 p.m.
<b>May 28</b>	Tennessee Correction Academy (Tullahoma)	3 p.m.
<b>May 29</b>	Tennessee Department of Transportation (Nashville)	11 a.m.
	Tennessee Department of Transportation (Nashville)	3 p.m.

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