

BUILT TO QUIT

We can help you **stop smoking and using tobacco**



It's **not** just cigarettes.

Register for tips on how to:

- Quit smoking and using tobacco
- Manage stress
- Avoid weight gain
- Cope with withdrawal symptoms

2026 Schedule*

Class 1: January 27 - March 3

Class 2: March 17 - April 21

Class 3: May 12 - June 23

Class 4: July 14 - August 18

Class 5: September 15 - October 20 (virtual only)

Class 6: November 3 - December 8

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

Our **Built To Quit** courses are led by a trained smoking and tobacco cessation facilitator. Behavioral therapists, nutritionists, and respiratory therapists visit the group to provide added smoking and tobacco cessation support and guidance. Classes are offered during afternoon and evening hours. Remote/online options available. Participants will receive nicotine replacement therapy (if qualified) and a participant's workbook. Lunch/dinner is provided for on-site classes.



REGISTER

For more information, or to register for a class:

Call: 404.780.7653

Email: smokingcessation@northside.com

Visit: northside.com/smoking-and-tobacco-resources

**BUILT
TO BEAT
CANCER**

**NORTHSIDE
HOSPITAL**
CANCER INSTITUTE