



Gaston College is going **TOBACCO FREE** on January 1, 2012

We'd like to help you make a "Freshstart"
with Tobacco Cessation Classes for **Employees**
on our **Dallas & Lincoln Campuses.**

We will be providing two-hour cessation sessions scheduled over a two-day period on the following dates and times:

January 2012 - Dallas Campus - DBC 180

Thursday, January 26 - 4:00-6:00pm

Tuesday, January 31 - 4:00-6:00pm

February 2012 - Lincoln Campus - LC 210

Wednesday, February 8 - 4:00-6:00pm

Monday, February 13 - 4:00-6:00pm

March 2012 - Dallas Campus - DBC 180

Wednesday, March 14 - 4:00-6:00pm

Monday, March 19 - 4:00-6:00pm

April 2012 - Lincoln Campus - LCS 115

Thursday, April 12 - 4:00-6:00pm

Tuesday, April 17 - 4:00-6:00pm

All classes are free of charge! Classes are open to Gaston College employees, both full and part time, and all members of their households.

To register for any of these sessions, please contact Sherry Lingafelt at 704.922.6379 or lingafelt.sherry@gaston.edu. Please provide the session you'd like to attend, your name, contact phone number and how you found out about these classes.