



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

We'd like to help you make a "Freshstart"
with Tobacco Cessation Classes for **Students**
on **ALL Gaston College 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

Wednesday, January 25 - 4:00-6:00pm

Monday, January 30 - 4:00-6:00pm

February 2012 - Lincoln Campus - LCS 115

Thursday, February 2 - 4:00-6:00pm

Tuesday, February 7 - 4:00-6:00pm

February 2012 - Kimbrell Campus - KCC 114A

Thursday, February 16 - 2:00-4:00pm

Tuesday, February 21 - 2:00-4:00pm

March 2012 - Dallas Campus - DBC 180

Thursday, March 15 - 4:00-6:00pm

Tuesday, March 20 - 4:00-6:00pm

April 2012 - Lincoln Campus - LC 210

Wednesday, March 25 - 4:00-6:00pm

Monday, March 30 - 4:00-6:00pm

All classes are free of charge! Classes are open to Gaston College students, and to 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.