



BESTHealth

Tobacco Cessation Program



Program Year: July 1, 2026 - June 30, 2027

A virtual 5-week group session conducted by a BestHealth Wellbeing Specialist

Session 1: Week of July 6 - Aug. 3	Wellbeing Specialist
Tuesday 5 p.m.	Ryan
Wednesday 7:30 a.m.	Kim
Wednesday 12 p.m.	Ariel
Thursday 12 p.m.	Amber

Session 2: Week of Aug. 10 - Sept. 7	Wellbeing Specialist
Monday 12 p.m.	Shannon
Tuesday 12 p.m.	Patrick
Tuesday 5 p.m.	Ryan
Wednesday 7:30 a.m.	Kim
Thursday 12 p.m.	Amber

Session 3: Week of Sept. 14 - Oct. 12	Wellbeing Specialist
Monday 12 p.m.	Shannon
Tuesday 12 p.m.	Patrick
Tuesday 5 p.m.	Ryan
Wednesday 12 p.m.	Ariel
Thursday 12 p.m.	Amber

Session 4: Week of Oct. 19 - Nov. 16	Wellbeing Specialist
Monday 12 p.m.	Shannon
Tuesday 12 p.m.	Patrick
Tuesday 5 p.m.	Ariel
Wednesday 7:30 a.m.	Kim
Wednesday 12 p.m.	Kim

**Registration Deadline:
OCT. 15 @ 12 P.M.**

Scan or click the QR code to sign up!



Funded by a grant from the Baptist Memorial Health Care Foundation.

For more information contact BestHealth at 901-227-2378 (BEST) or BestHealth@bmhcc.org