



BESTHealth

Tobacco Cessation Program

2024 Schedule

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



Session 1:

Week of July 8 - Aug 5

Wellbeing Specialist

Monday 12 p.m.

Shannon

Tuesday 12 p.m.

Ariel

Wednesday 7 a.m.

Ryan

Wednesday 5 p.m.

Patrick

Session 2:

Week of Aug 12 - Sept 9

Wellbeing Specialist

Monday 12 p.m.

Shannon

Tuesday 5 p.m.

Ryan

Wednesday 7 a.m.

Kim

Wednesday 12 p.m.

Patrick

Session 3:

Week of Sept 16 - Oct 14

Wellbeing Specialist

Monday 12 p.m.

Shannon

Tuesday 7 a.m.

Kim

Tuesday 12 p.m.

Ryan

Wednesday 5 p.m.

Ariel

Session 4:

Week of Oct 21 - Nov 18

Wellbeing Specialist

Tuesday 12 p.m.

Ryan

Tuesday 5 p.m.

Ariel

Wednesday 7 a.m.

Kim

Thursday 12 p.m.

Patrick

Scan or click the QR code to sign up!

