

Tobacco Cessation Program

Program Year: July 1, 2025 - June 30, 2026



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

Spring Schedule

January Sessions: Week of Jan. 12 - Feb. 9

Deadline to sign up: 12 p.m. Jan. 8

Wellbeing Specialist

Monday 5 p.m.

Ryan

Tuesday 7:30 a.m.

Amber

Wednesday 12 p.m.

Patrick

February Sessions: Week of Feb. 2 - March 2

Deadline to sign up: 12 p.m. Jan. 29

Wellbeing Specialist

Wednesday 7:30 a.m.

Kim

Thursday 12 p.m.

Ariel

***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