



Health care *centered* in the
heart of your community.

Courage to Quit

*Free support for quitting any form of nicotine
Your choice of virtual classes, virtual coaching or phone coaching*

- Learn strategies to get through withdrawal
- Handle triggers in new ways
- Practice healthy coping skills for stress
- Make a quit plan

Virtual Classes

Virtual 4-week series with a group

No charge

Reserve a space for *Courage to Quit – Virtual* at piedmont.org/classes or
1.877.527.3712

Zoom link will be emailed the week of class

Virtual or Phone Coaching

Make a quit plan through individual zoom or phone sessions

No charge

Contact Katie Calkin at katherine.calkin@piedmont.org or 706.475.5633