Guilford County Department of Public Health

QuitSmart® Class Schedule

This is the 2012 schedule for the QuitSmart® smoking cessation classes provided by the Guilford County Department of Public Health. Classes may be added so check this schedule often on line at www.guilfordhealth.org, click on the QuitSmart® icon.

These free classes are available both daytime and evening hours at the Health Department's 1100 East Wendover Avenue location in Greensboro and the 501 East Green Drive location in High Point. Classes are limited to 12 participants. Registration is required. To register for a series, call Catherine Richardson at 641-4718.

These QuitSmart® classes are funded by the Office of Minority Health and Health Disparities, North Carolina Department of Health and Human Services. QuitSmart® utilizes many different techniques and has been proven to be more effective than other stop-smoking programs. To learn more about QuitSmart®, visit www.quitsmart.com

Greensboro Daytime Classes

Sept. 5, 12, 19 12:00-1:00 p.m.

Greensboro Evening Classes

March 8, 22, 29 6:00-7:30 p.m.

High Point Evening Classes

Apr. 5, 19, 26 6:00-7:30 p.m.