

"Why Should I Quit Smoking?" Free Smoking Cessation Classes

Are you a smoker? If you are, Carolinas HealthCare System Employee Assistance Program (CHS EAP) invites you to join us for a **free** three-part smoking cessation program.

**July 7th, 14th and 21st
5:30 - 6:30 pm
at
720 East Blvd
Charlotte, NC 28203**

**Registration is required so please call
704-355-5021 for more information.**

**Presented by:
Carolinas HealthCare System**



Employee Assistance Program

CHS EAP is designed to help you and members of your family with all types of issues: marital conflicts, job stress, emotional, alcohol and drug problems, and difficulties with children.

Whatever the problem, if you need help or want to schedule an appointment, call CHS EAP at 704-355-5021 or 1-800-384-1097.