



**CUMBERLAND MEDICAL CENTER  
WANTS TO HELP  
YOU**



**BREAK THE HABIT**



Cumberland Medical Center is pleased to offer a **FREE** 8-week Smoking Cessation class to all CMC employees and the community.

Classes begin Tuesday, September 22, 2009 and will continue every Tuesday for eight (8) weeks. We will hold 2 classes each Tuesday ~ one at 7:00 a.m. and another at 1:00 p.m. in the OB Classroom on the 3<sup>rd</sup> floor across from the Cafeteria.

Please call the CMC Cardiopulmonary Department at 459-7268 if you have questions and to sign up for the classes. If you are inside the hospital, you may dial extension 7268.

**Please sign up by Monday, September 21, 2009.**

This is a great opportunity to stop smoking.

