



Cascade Health Alliance, LLC

2020 Tobacco Cessation Class Schedule

All in-person classes have been postponed. Sessions are currently being held virtual. Please call CHA Pharmacy Services at 541-883-2947 if you are interested in a virtual class”

All Classes 1:30-3:00 pm

Session 1

Jan. 6
Jan. 13
Jan. 20
Jan. 27 (Quit day)
Feb. 3
Feb. 10
Feb. 17

Session 2

Mar. 2
Mar. 9
Mar. 16
Mar. 23 (Quit day)
Mar. 30
Apr. 6
Apr. 13

Session 3

May 4
May 11
May 18
May 26 (Tues)(Quit day)
June 1
June 8
June 15

Session 4

June 29
July 6
July 13
July 20 (Quit day)
July 27
Aug. 3
Aug. 10

Session 5

Aug. 31
Sept. 8(Tues)
Sept. 14
Sept. 21 (Quit day)
Sept. 28
Oct. 5
Oct. 12

Session 6

Nov. 2
Nov. 9
Nov. 16
Nov. 23 (Quit Day)
Nov. 30
Dec. 7
Dec. 14