

# Clearing Away the Smoke

A holistic wellness-based approach

50% off  
with this  
flyer!



## WHEN

Tuesday/Thursday afternoons  
4:00 PM - 5:00 PM

## WHERE

USC Verdugo Hills Hospital  
1812 Verdugo Blvd. Glendale,  
CA 91208  
Check-in at front desk for  
meeting location

## COST

\$100 paid in advance, 50%  
off with flyer, non-refundable,  
not covered by insurance  
Free coffee, tea and water  
during classes

## For all tobacco and vape users

Smoking Cessation Group consists of 5 consecutive weeks of classes. We will cover one topic each week for 60 minutes, allowing time for group sharing/discussion and action plans.

- Week One:** Introduction and Identifying your “Smoking Story”
- Week Two:** The real reason behind (or beneath) smoking addiction
- Week Three:** Clearing away the smoke: Re-writing our stories
- Week Four:** Finding your inner quitter
- Week Five:** Conquering FEAR

For more information contact  
(818) 952-2294

USC Verdugo Hills Hospital

Keck Medicine of USC