

# Learn to Be... TOBACCO FREE

## What You'll Learn:

Participants gain valuable insight into the physical, emotional, and habitual aspects of tobacco use, benefiting from behavioral modification techniques and supportive pharmaceutical options to ease the quitting process.

CLASS 1 | 3/24 | PROGRAM OVERVIEW

CLASS 2 | 3/31 | TOBACCO ADDITIVES

CLASS 3 | 4/7 | PAM LAFFIN VIDEO

CLASS 4 | 4/14 | THE PHYSICAL,  
PSYCHOLOGICAL & HABIT

CLASS 5 | 4/21 | CREATING SUPPORT SYSTEMS

CLASS 6 | 4/28 | RELAPSE PREVENTION

CLASS 7 | 5/19 | REUNION CLASS

**Make 2026 the year you  
reclaim your health!**

Questions?

[Debora.rippel@suffolkcountyny.gov](mailto:Debora.rippel@suffolkcountyny.gov)

THURSDAY

1

2

Quit  
Smoking!

New Year's Day

9

**FREE Smoking & Vaping  
Cessation Classes at  
Suffolk AME HQ**

## Event Details:



**Session Starts 3/24**



**All Classes Start at 6 PM**



**30 Orville Drive, Suite A  
Bohemia, NY**

**For more information or  
to register, please contact  
Debora Rippel:**

**631-853-2928**

[Debora.rippel@suffolkcountyny.gov](mailto:Debora.rippel@suffolkcountyny.gov)

**FREE ENTRY!**  
(RSVP Required)