

Suffolk County
Department of Health

Learn to Be... TOBACCO FREE



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

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!**

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

Questions?

Debora.rippel@suffolkcountyny.gov

FREE ENTRY!

(RSVP Required)

