

January/February 2010 Faculty and Staff Smoking Cessation Class Schedule

~ January 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 5:00-7:00pm Administration 120	12	13	14 12:00-2:00pm Administration 120	15	16
17	18 5:00-7:00pm Administration 120	19	20	21 12:00-2:00pm Administration 120	22	23
24	25 5:00-7:00pm Administration 120	26	27	28 12:00-2:00pm Administration 120	29	30
31	<p>Notes:</p> <p>There are two separate class offerings. If you attend a Monday evening class please plan on attending that time slot, if you attend a Thursday evening class please plan on attending that time slot.</p> <p>You must pre-register for either the Monday or Thursday class prior to attending. To register please contact, Kate Reeder with the Dowell Health Center at 410-704-2065.</p>					

~ February 2010 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:00-7:00pm Administration 120	2	3 5:00-7:00pm Administration 120 *this is the 5 th session for the Monday evening class	4 12:00-2:00pm Administration 120	5	6
7	8 12:00-2:00pm Administration 120 *this is the 5 th session for the Thursday evening class 5:00-7:00pm Administration 120	9	10	11 12:00-2:00pm Administration 120	12	13
14	15 5:00-7:00pm Administration 120	16	17	18 12:00-2:00pm Administration 120	19	20
21	22 5:00-7:00pm Administration 120	23	24	25 12:00-2:00pm Administration 120	26	27
28	Notes: The class will meet twice during the 4 th week because this is the week that you will quit. Please make note that if you attend the Monday evening class you will also meet Wednesday 2/3/10 at 5:00pm. If you attend the Thursday afternoon class you will also meet on Monday 2/8/10 at 12:00pm.					