

Locations

Carolinas HealthCare System Wellness Center
1090 Northeast Gateway Court NE, Suite 102
Concord, NC 28025

City of Concord Housing Department
Neighborhood Network Technology Center
265 Salem St. SW | Concord, NC 28025

City of Shelby Housing Authority
801 Logan St. | Shelby, NC 28150

Harrisburg YMCA
4100 Main St., Suite 200 | Harrisburg, NC 28075

Kannapolis YMCA
101 YMCA Drive | Kannapolis, NC 28081

Levine Cancer Institute
Research and Academic Headquarters
1021 Morehead Medical Drive | Charlotte, NC 28204

Levine Cancer Institute-Pineville
10628 Park Road | Charlotte, NC 28210

Levine Cancer Institute-University
Radiation Therapy Center
8800 North Tryon St. | Charlotte, NC 28262

West Cabarrus YMCA
5325 Langford Ave. | Concord, NC 28027



Carolinas HealthCare System

[CarolinasHealthCare.org](https://www.CarolinasHealthCare.org)

Are You Ready to Break Free of Tobacco?

Carolinas HealthCare System is committed to your health. We are proud to partner with you on your journey to become tobacco-free.



Carolinas HealthCare System

Carolinas HealthCare System provides group classes and personal counseling to assist in your journey to become tobacco-free. While some find quitting “cold turkey” an option, most people find a collaborative approach to a healthier lifestyle works best for them. We’ll work with you to identify the next step when you’re ready to begin your tobacco-free life.

Group Classes

A **free** three-session program held in a group setting, we use techniques like motivational behavior changes and nicotine replacement therapy to encourage success and keep you comfortably tobacco-free. Each session lasts approximately 90 minutes. Interested participants should be committed to the quitting process and to attending all three sessions.

Personal Counseling

For one-on-one help, you may choose individual counseling sessions. Each session may be completed in person, by telephone or a combination of both. This health experience combines motivational behavior change with nicotine replacement and personalized goal setting. Each session lasts 30 to 60 minutes.

To discuss your decision to become tobacco-free or register for a program:

Call:

704-667-2565 or 1-844-375-9355

Email:

CommunityWellness@CarolinasHealthCare.org

You must register for group classes at least 48 hours before the date of the first class.

2018 Schedule for Group Classes

Carolinas HealthCare System Wellness Center

Thursdays | Jan 4, 18, 25 | 10 to 11:30 a.m.

Levine Cancer Institute

Research and Academic Headquarters

Wednesdays | Jan 10, 24, 31 | 11:30 to 1 p.m.

City of Concord Housing Department

Thursdays | Feb 1, 15, 22 | 5:30 to 7 p.m.

West Cabarrus YMCA

Mondays | Feb 5, 19, 26 | 4:30 to 6 p.m.

Levine Cancer Institute

Research and Academic Headquarters

Tuesdays | Feb 13, 27 and March 6 | 4:30 to 6 p.m.

City of Shelby Housing Authority

Tuesdays | Feb 20 and March 6, 13 | 1 to 2:30 p.m.

Carolinas HealthCare System Wellness Center

Mondays | March 5, 19, 26 | 5:30 to 7 p.m.

Levine Cancer Institute

Research and Academic Headquarters

Wednesdays | March 28 and April 11, 18 | 11:30 to 1 p.m.

Harrisburg YMCA

Mondays | April 2, 16, 23 | noon to 1:30 p.m.

City of Concord Housing Department

Thursdays | April 5, 19, 26 | 5:30 to 7 p.m.

Carolinas HealthCare System Wellness Center

Thursdays | May 10, 24, 31 | 10 to 11:30 a.m.

Levine Cancer Institute-Pineville

Tuesdays | May 15, 29 and June 5 | noon to 1:30 p.m.

Levine Cancer Institute-University

Mondays | June 4, 18, 25 | 4:30 to 6 p.m.

Levine Cancer Institute

Research and Academic Headquarters

Wednesdays | June 6, 20, 27 | 11:30 to 1 p.m.

Carolinas HealthCare System Wellness Center

Mondays | July 9, 23, 30 | 5:30 to 7 p.m.

Levine Cancer Institute

Research and Academic Headquarters

Wednesdays | August 22 and Sept 5, 12 | 11:30 to 1 p.m.

Carolinas HealthCare System Wellness Center

Thursdays | Sept 6, 20, 27 | 10 to 11:30 a.m.

Kannapolis YMCA

Mondays | Oct 15, 29 and Nov 5 | 11:30 to 1 p.m.

Levine Cancer Institute-University

Wednesdays | October 24 and Nov 7, 14 | 5 to 6:30 p.m.

Levine Cancer Institute-Pineville

Tuesdays | Nov 13, 27 and Dec 4 | 5 to 6:30 p.m.