

Suffolk County Department of Health

Learn to be... Tobacco-free program



Catholic
Health

St. Catherine of
Siena Hospital

**Free smoking
cessation classes
6:00 pm – 7:30 pm**

Location:
St. Catherine of Siena Hospital
Medical Office Building, Lower Level
St. Vincent Conference Room
48 Rte. 25A
Smithtown, NY 11787

For more information
or to register, please call
Debora at (631) 853-2928,
Wanda at (631) 853-4017 or email
debora.rippel@suffolkcountyny.gov

Date	Details
Class 1, March 18	Program overview
Class 2, March 25	Tobacco additives
Class 3, April 8	Pam Laffin video presentation
Class 4, April 15	The physical, psychological & habitual
Class 5, April 22	Creating support systems
Class 6, April 29	Relapse prevention
Class 7, May 13	Reunion class



Program website including list of new classes:
www.suffolkcountyny.gov/health