

# Freedom From Tobacco

Learn to quit tobacco —  
for life!

Quitting tobacco has  
never been easier.  
Since 1992 we have  
helped thousands of  
people quit and stay  
tobacco-free.

## FREE weekly support group

One hour a week will change your life. Let us partner with you to get the job done. Just show up or call in! If you stick with our program, you will become tobacco-free!

Our meetings are open to anyone wanting to quit tobacco/vape/nicotine, the newly quit, those struggling with relapse, or those helping a friend quit.

### *Freedom From Tobacco*

#### **Lakewood**

**Mondays, 6 to 7 p.m.**

St. Clare Hospital, Classroom C  
11315 Bridgeport Way SW  
Lakewood, WA 98499

#### **Silverdale**

**Tuesdays, 4:30 to 5:30 p.m.**

Harrison Medical Center – Silverdale  
Rose Room  
1800 NW Myhre Road  
Silverdale, WA 98383

#### **Gig Harbor**

**Tuesdays, 5:30 to 6:30 p.m.**

St. Anthony Hospital  
Jane Thompson Russell Cancer Care Center  
Milgard Medical Pavilion  
11567 Canterwood Blvd. NW  
Gig Harbor, WA 98332

#### **Federal Way**

**Thursdays, 6:30 to 7:30 p.m.**

St. Francis Hospital  
Radiation Oncology Waiting Area  
34515 Ninth Ave. S.  
Federal Way, WA 98003

#### **Tacoma**

**Thursdays, 7 to 8 p.m.**

St. Joseph Medical Center  
Dining Rooms 1 & 2  
1717 S. J Street  
Tacoma, WA 98405

For directions to meeting room: (253) 223-7538 | Silverdale (360) 744-4990  
[barefootheidi@mindspring.com](mailto:barefootheidi@mindspring.com)

For more information visit: [chifranciscan.org/classes](http://chifranciscan.org/classes)

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