



Freedom From Smoking

START OUT 2024 RIGHT,
STOP SMOKING/NICOTINE USE!

Freedom From Smoking

THE ISLETA
HEALTH CENTER'S

STARTS JANUARY 16, 2024!!

5:30PM IN THE SMALL CONFERENCE ROOM
AT THE ISLETA HEALTH CENTER



Weekly Prizes!

- Nicotine Replacement Therapy for those clinic patients who attend weekly sessions!
- Get support from others that are going through the same thing.

CONTACT:

**Stephanie Barela @
505-869-4479**

**for more information or to
reserve your spot in this class!**



Sponsored by the
Isleta Health Center