

# READY TO QUIT?



## KICK START



*A one session program designed to help you quit using tobacco*

**Where:** First District Health Unit  
801 11th Ave SW—DOOR B  
Minot

**When:** Usually the third Thursday  
of the month\*

**TIME:** 6:30 pm - 8:30 pm

\*Please check our website to verify the date before you attend.  
\*\*In January if there is sufficient demand for an additional class one will be held. Watch our website for announcements or Facebook.

**2019**

January 7th\*\*

February 21st

March 21st

April 18th

May 16th

June 20th

July—None

August 15th

September 19th

October 17th

November 21st

December—None



For more information contact  
First District Health Unit at  
(701) 837-5171 or [www.fdmu.org](http://www.fdmu.org)