



TUESDAY, MARCH 12, 2019

5:30 PM-6:30 PM

20 DAY STREET COMMUNITY ROOM
AT SOUNDVIEW LANDING

NORWALK, CT 06854

SMOKING CESSATION EDUCATION SEMINAR

Presented by: Lucy Golding - Nurse Manager, Day Street
Community Health Center.

Ready to start your New Year resolutions? Interested in
quitting smoking? Get the help that you need, improve your
health, and save money with the assistance of experienced
health professionals and their support team.

Learn the effects
of smoking on your
health

Resist the craving!

Value your
life -- stop
smoking today!

Free
Refreshments!

To register please
call Maria at:
203-810-5675

OR
Nadine at:
203-838-8471 X681

NHA/CNI/HOU
149 Water Street
2nd Floor
Norwalk, CT 06854
Office Hours:
9:00AM-5:00PM