



Smoking Cessation Workshop

Are you ready to take that first step in quitting smoking?


Come join us Sundays from 3pm-4pm

Location: 155 S Empire Blvd Coos Bay, OR 97420

(building in the middle of the parking lot)

For more information or questions please reach out to

Jack-541-851-7151 or jwhite@bayareafirststep.org



**The moment when you
want to quit smoking, is
the moment when you
need to keep pushing.**



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