

TOBACCO

FREE









SESSIONS CALENDAR



August 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21  Table Display Linda Holmstrand 11-1 (MPR)	22  Table Display Jon Lewis Diana Rice 11-1	23  Table Display Jon Lewis 11-1	24	25
26	27	28  Table Display Jon Lewis 11-1 (EC)	29  Table Display Linda Holmstrand 11-1 (B&O)	30  Table Display Linda Holmstrand 11-1	31	

*Quit to Win is four
1 hour weekly sessions.*

KP Cessation is one 3 hour session

All sessions require five (5) registered participants by 5:00 pm the night before. Instructor will notify participants who register in the event of cancellation by phone or e-mail, if provided.

To register for Quit to Win or KP Cessation e-mail Linda Holmstrand at linda.holmstrand@wewv.org

September 2012

 Wheeling

 Weirton

 New Martinsville



WELLNESS COUNCIL
OF WEST VIRGINIA

Sunday

Monday
















Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>Quit to Win is four 1 hour weekly sessions.</i></p> <p><i>KP Cessation is one 3 hour session</i></p> <p><i>All sessions require five (5) registered participants by 5:00 pm the night before. Instructor will notify participants who register in the event of cancellation by phone or e-mail, if provided.</i></p> <p><i>To register for Quit to Win or KP Cessation e-mail Linda Holmstrand at linda.holmstrand@wcvwv.org</i></p>							1
2	3	4	5	6	7	8	
9	10	11	<p> Quit to Win Week 1 Linda Holmstrand 12-1 (Aud.)</p> <p> Quit to Win Week 1 Linda Holmstrand 2-3</p>	<p> Quit to Win Week 1 Jon Lewis 12-1</p>			
		<p> Quit to Win Week 2 Linda Holmstrand, 12-1 (Aud.)</p> <p> Quit to Win Week 2 Linda Holmstrand, 2-3</p> <p> Kaiser Permanente (KP) Cessation Class Linda Holmstrand, 3-6 (3 hour Session)</p>		<p> Quit to Win Week 2 Jon Lewis 12-1</p>	14	15	
16	<p> Kaiser Permanente (KP) Cessation Class Jon Lewis 11-2 (3 hour Session) (Aud.)</p>	18	<p> Quit to Win Week 3 Linda Holmstrand 12-1 (Aud.)</p> <p> Quit to Win Week 3 Linda Holmstrand 2-3</p>	<p> Quit to Win Week, Jon Lewis 12-1</p> <p> Kaiser Permanente (KP) Cessation Class Jon Lewis, 1-4 (3 hour Session)</p>		22	
23	24	25	<p> Quit to Win Week 4 Linda Holmstrand 12-1 (Aud.)</p> <p> Quit to Win Week 4 Linda Holmstrand 2-3</p>	<p> Quit to Win Week 4 Jon Lewis 12-1</p>	28	29	
30							

October 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Quit to Win Week 1 Linda Holmstrand 3-4 (Aud.)	9 Quit to Win Week 1 Jon Lewis 9-10	10	11 Quit to Win Week 1 Jon Lewis Linda Holmstrand 11-12	12	13
14	15 Kaiser Permanente (KP) Cessation Class Jon Lewis, 9-12 (3 hour Session) (Aud.) Quit to Win Week 2 Linda Holmstrand, 3-4 (Aud.)	16	17	18 Quit to Win Week 2 Jon Lewis Linda Holmstrand 11-12	19	20
21	22 Quit to Win Week 3 Linda Holmstrand 3-4 (Aud.)	23 Kaiser Permanente (KP) Cessation Class Jon Lewis, 10-1 (3 hour Session) Quit to Win Week 3 Jon Lewis, 9-10	24	25 Kaiser Permanente (KP) Cessation Class Jon Lewis, 12-3 (3 hour Session) Quit to Win Week 3 Linda Holmstrand, 11-12	26	27
28	29 Quit to Win Week 4 Linda Holmstrand 3-4 (Aud.)	30 Quit to Win Week 4 Jon Lewis 9-10	31			

Quit to Win is four 1 hour weekly sessions.

KP Cessation is one 3 hour session

All sessions require five (5) registered participants by 5:00 pm the night before. Instructor will notify participants who register in the event of cancellation by phone or e-mail, if provided.

To register for Quit to Win or KP Cessation e-mail Linda Holmstrand at linda.holmstrand@wewv.org

November 2012



New Martinsville

WELLNESS COUNCIL
OF WEST VIRGINIA

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday

All sessions require five (5) registered participants by 5:00 pm the night before. Instructor will notify participants who register in the event of cancellation by phone or e-mail, if provided.

Quit to Win is four 1 hour weekly sessions.

KP Cessation is one 3 hour session

To register for Quit to Win or KP Cessation e-mail Linda Holmstrand at linda.holmstrand@wcwv.org

1

- Freedom From Smoking**
Joy Gillispi, 12:30-1:30 (Aud.)
- Quit to Win Week 4** Jon Lewis, 2-3

4

5

- Quit to Win Week 1**
Jon Lewis
2-3

6

- Quit to Win Week 1**
Jon Lewis
Linda Holmstrand
3-4

7

- Quit to Win Week 1**
Linda Holmstrand
5-6 (Aud.)

8

- Freedom From Smoking**
Joy Gillispi
12:30-1:30 (Aud.)

9

10

11

- Kaiser Permanente (KP) Cessation Class**
Jon Lewis, 11-2 (3 hour Session)
- Quit to Win Week 3** Jon Lewis, 2-3

12

13

- Quit to Win Week 2**
Jon Lewis
Linda Holmstrand
3-4

14

- Quit to Win Week 1**
Linda Holmstrand
5-6 (Aud.)
- Kaiser Permanente (KP) Cessation Class**
Linda Holmstrand
9-12 (3 hour Session) (Aud.)

15

- Freedom From Smoking**
Joy Gillispi
3-4

16

17

18

19
No Classes

20
No Classes

22
No Classes

23
No Classes

24

24

25

26

- Quit to Win Week 3**
Jon Lewis
2-3

27

- Quit to Win Week 3**
Jon Lewis
Linda Holmstrand
3-4

28

- Quit to Win Week 3**
Linda Holmstrand
5-6 (Aud.)

29

- Freedom From Smoking**
Joy Gillispi
12:30-1:30 (Aud.)

30

30

27

- Kaiser Permanente (KP) Cessation Class**
Linda Holmstrand
12-3 (3 hour Session)

December 2012



New Martinsville

WELLNESS COUNCIL
OF WEST VIRGINIA

Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday



						1
2	3 Quit to Win Week 4 Jon Lewis 2-3	4 Quit to Win Week 4 Jon Lewis Linda Holmstrand 3-4 Freedom From Smoking Joy Gillispi 12:30-1:30 (Aud.)	5 Quit to Win Week 4 Linda Holmstrand 5-6 (Aud.)	6 Freedom From Smoking Joy Gillispi 12:30-1:30 (Aud.)	7	8
9	10		12	13 Freedom From Smoking Joy Gillispi 12:30-1:30 (Aud.)	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Quit to Win is four 1 hour weekly sessions.

KP Cessation is one 3 hour session

All sessions require five (5) registered participants by 5:00 pm the night before. Instructor will notify participants who register in the event of cancellation by phone or e-mail, if provided.

To register for Quit to Win or KP Cessation e-mail Linda Holmstrand at linda.holmstrand@wewv.org