

City of Winston-Salem  
2012 Holistic Wellness Class Series



# Tobacco Cessation Classes

**FREE of CHARGE & OPEN to ALL  
City Employees and Retirees**

The 5 session series of classes will meet  
every **TUESDAY** beginning  
**TUESDAY, JANUARY 10, 2012**  
thru **TUESDAY, FEBRUARY 7, 2012**

**2:00 pm - 3:00 pm**

at

**Employee Medical Services**

650 Rams Drive (Formerly Stadium Drive)  
Winston-Salem NC 27102

**Pre-Registration Required**

by e-mail to [jennifem@cityofws.org](mailto:jennifem@cityofws.org) OR  
call 727-2305