

KICKING BUTTS? TAKE NAMES!

We are fortunate here in South Sound to have many groups offering **FREE SUPPORT** for all smokers/dippers/buttickers who seek support to get tobacco-free.

These are Free Weekly Support Groups - call - drop in - check it out!

Mondays, 6:00-7:00pm

St. Clare Hospital, Classroom C
11315 Bridgeport Way SW, Lakewood, WA 98494
For more info: Heidi Henson 253-223-7538

Tuesdays, 4:00-5:00pm

Western State Hospital, Hamilton Conference Room
9601 Steilacoom Blvd. SW, Lakewood, WA 98498
For location info: WSH Information 253-582-8900

Tuesdays, 5:30-6:30pm

St. Anthony Hospital, Milgard Medical Pavilion
11567 Canterwood Blvd. NW, Gig Harbor, WA 98332
For more info: Heidi Henson 253-223-7538 or hhenson@fhshealth.org

Wednesdays, 7:00-8:00pm

St. Peter Hospital, Main Building, 2nd floor, next to the cafeteria
413 Lilly Rd. NE, Olympia, WA 98506
For more info: John Markham 360-357-5297

Wednesdays, 6:00-7:00pm

Auburn Regional Medical Center, Heart Care Center Classroom, 2nd floor
202 N. Division, Auburn, WA 98001
For more info: Heidi Henson 253.223.7538 or heidihenson@seattlemca.org

Thursdays, 6:30-7:30pm

St. Francis Hospital, Executive Dining Room
34515 9th Ave. S., Federal Way, WA 98003
For more info: Heidi Henson 253-223-7538 or hhenson@fhshealth.org

Thursdays, 7:00-8:00pm

St. Joseph Medical Center, Dining Rooms 1 & 2
1717 South J St., Tacoma, WA 98405
For more info: Heidi Henson 253-223-7538 or hhenson@fhshealth.org

Accelerate Your Quit Workshops ~ Saturdays, 12:30 to 3:30pm

Auburn Valley YMCA, 1620 Perimeter Road, Auburn, WA 98001
2012: 1/21, 3/24, 5/19, 7/14, 9/15, 11/17; 2013: 1/19
FREE, registration required: 253.223.7538 or heidihenson@seattlemca.org

If you want to do something challenging like Kicking Butts, it's best to Take Names: Gather the resources and teachers to help you get there, and great friends to take along for the ride. Then when you reach your goal - which you will if you take enough names - you'll have people to celebrate with when you get there!