



Freshstart is a smoking cessation program developed by the American Cancer Society and offered to you by Providence St. John's Health Center. This program is designed to help you take charge of your efforts to quit using tobacco.

Join today and enjoy the benefits of living a tobacco-free lifestyle.

Freshstart[®]

*Stay quit and
enjoy it forever*

To register for this group or for more information, please contact

Lauren Small, LCSW at 310-829-8544 or lauren.small@providence.org



Saint John's
Health Center
 PROVIDENCE Health & Services