

The logo features the word "Virtual" in a large, dark blue, sans-serif font. To its left is a stylized graphic of concentric, overlapping circles in shades of teal, green, and orange. Below "Virtual" is the word "WELLNESS CLASSES" in a smaller, teal, all-caps, sans-serif font.

# Virtual WELLNESS CLASSES

Chester County Hospital is offering **FREE Virtual Wellness Classes** \* to support your health and wellness goals.

## **STOP SMOKING NOW! PROGRAM**

**Over the course of seven weeks**, this program will help you develop a plan to become a nonsmoker through a combination of education, behavior modification, and relaxation techniques. You will get all the tools you need to take this important step using information and strategies from the American Cancer Society and Heart and Lung Associations. **Once registered, arrangements will be made for participants to receive their program materials.** You will also have the option to purchase Over-The-Counter Nicotine Replacement Therapy (NRT) - a 21 mg Nicotine Patch -- at a discounted price.

### **2020 Virtual Program :**

**Date:           Thursdays:    June 4 - July 16**

**Time:           6:30 pm - 8:00 pm**

**FEE:            FREE**

**REGISTRATION REQUIRED:** Call 610-738-2300 or Visit

[ChesterCountyHospital.org/Wellness](http://ChesterCountyHospital.org/Wellness)



**Penn Medicine**  
Chester County Hospital



## WELLNESS CLASSES

**\*Registrants will receive a direct link via email** to join the class along with instructions on how to download and participate through the online platform. Participants will have the opportunity to ask questions through their computer or smart device's video camera, microphone or through the platform's chat function. Video is required.



**Penn Medicine**  
Chester County Hospital