

# DIMENSIONS Tobacco Free Program

## DIMENSIONS Free 6-week program.

DIMENSIONS is a FREE 6-week tobacco cessation group that provides adults who want to quit smoking with tools and support to achieve their goals. The group meets weekly and covers such topics as stress management, wellness, and behavior change techniques. The program is provided courtesy of the University of Colorado Behavioral Health and Wellness Program.

## Every Tuesday

12-1 pm and 5:30-6:30 pm

Lutheran Medical Center  
Learning Center Classrooms

Michelle 303-403-6176

Registration:  
[lutheranmedicalcenter.org/classes](http://lutheranmedicalcenter.org/classes)