



**Amarillo College**

# Freedom from Tobacco

**Course Description:** If you are age 18 or older and want to quit smoking, dipping, or chewing, then this 2-session, 5-hour course is for you. Tobacco treatment specialists trained through the Mayo Clinic will provide you with the necessary tools to tackle nicotine cravings and prepare you for a Quit Date. Studies have shown that working with a tobacco treatment specialist doubles your chances of stopping smoking. This class is a joint-initiative with Tobacco Free Amarillo, so it is very affordable. In addition, you may be eligible to receive a **free starter supply of nicotine replacement therapy products (patches, gum, lozenges)**. Additional post-course support will be discussed to help you succeed at quitting and remaining tobacco-free. A certificate will be provided upon completion of the course. This program can help those who just need a little extra push, as well as those who have almost given up – and everyone in between. People who quit using tobacco save money, and feel healthier and more in control. You CAN succeed, and we can help.

## December 2018 – May 2019

**Cost:** The cost of this course is \$25 **FREE!** Refunds or class transfers must be requested at least one day prior to the start of class. After this period, students will be required to register and pay for another class.

**Registration:** Full registration instructions are located on the back of this form. **Students are required to register and pay prior to the first class. It is recommended that students register as early as possible, because classes reach maximum enrollment quickly.**

**Enrollment Eligibility Notice:** Students with outstanding obligations to Amarillo College may not be allowed to enroll in or complete a continuing education course until the obligations are fulfilled. Students who have received a Criminal Trespass Warning from Amarillo College will not be allowed to enroll in courses held on any AC campus unless the warning has been lifted.

**Attendance:** Students must be on time and attend all sessions in consecutive order. There will be no exceptions or make-up classes allowed. Students are required to bring a translator with them if they have limited or no proficiency in the English language.

**Questions:** For questions regarding our programs, call (806) 356-3649 or (806) 354-6083 or e-mail [rrdominguez@actx.edu](mailto:rrdominguez@actx.edu). Se habla español. You may also visit us online at [www.actx.edu/intervention](http://www.actx.edu/intervention).

Any student, who because of a disabling condition may require some special arrangements in order to meet course requirements, should contact disAbility Services (SSC 119, Phone 371-5436) as soon as possible.

Course ID #	Days	Dates	Times	Location
175459	Mon/Wed	December 10, 12	6:30pm-9:00pm	AC West Campus, 6222 W. 9 <sup>th</sup> , Bldg. C, Room 101

Course ID #	Days	Dates	Times	Location
177115	Mon/Wed	January 14, 16	6:30pm-9:00pm	AC West Campus, 6222 W. 9 <sup>th</sup> , Bldg. C, Room 101

Course ID #	Days	Dates	Times	Location
177116	Mon/Wed	February 11, 13	6:30pm-9:00pm	AC West Campus, 6222 W. 9 <sup>th</sup> , Bldg. C, Room 101

Course ID #	Days	Dates	Times	Location
177117	Mon/Wed	March 18, 20	6:30pm-9:00pm	AC West Campus, 6222 W. 9 <sup>th</sup> , Bldg. C, Room 101

Course ID #	Days	Dates	Times	Location
177119	Mon/Wed	April 15, 17	6:30pm-9:00pm	AC West Campus, 6222 W. 9 <sup>th</sup> , Bldg. C, Room 101

Course ID #	Days	Dates	Times	Location
177124	Mon/Wed	May 20, 22	6:30pm-9:00pm	AC West Campus, 6222 W. 9 <sup>th</sup> , Bldg. C, Room 101

**\*\*\*FREE CLASS SPECIAL – CALL (806) 356-3649\*\*\***

## Phone Registration

- Call Intervention Programs, (806) 356-3649, and provide the information on the registration form below.
- No acknowledgement will be mailed.

## Mail Registration

- Complete the registration form, and mail to:  
AMARILLO COLLEGE  
INTERVENTION PROGRAMS  
PO BOX 447  
AMARILLO TX 79178
- No acknowledgement will be mailed.

## FAX Registration

- Complete the registration form, and fax to: Intervention Programs, (806) 354-6074.
- No acknowledgement will be mailed.

## In-Person Registration

**WEST CAMPUS – Building C, Room 121, 6222 W. 9<sup>th</sup> Ave., Amarillo, TX**

**HOURS VARY BY CAMPUS LOCATION AND DURING HOLIDAYS/SUMMER**

Please call AC Intervention Programs at (806) 356-3649 for current hours.

### Registration Form – Freedom from Tobacco

Course ID#: \_\_\_\_\_ Beginning Date: \_\_\_\_\_

Last 4 digits of Social Security Number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ MI: \_\_\_\_\_

Current Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

County of Residence: \_\_\_\_\_ Residency Status: \_\_\_ Texas Resident \_\_\_ Out-of-State \_\_\_ Foreign Country

Gender: \_\_\_ Male \_\_\_ Female Personal E-mail: \_\_\_\_\_ Business E-mail: \_\_\_\_\_

Ethnic Origin: (Voluntary Information – Will not affect enrollment) \_\_\_ White \_\_\_ American Indian \_\_\_ Alaskan Native \_\_\_ Black  
\_\_\_ Asian/Pacific \_\_\_ Islander \_\_\_ Hispanic \_\_\_ International

I CERTIFY THAT THE INFORMATION GIVEN ABOVE IS COMPLETE AND CORRECT.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

# **FREE CLASS – SPECIAL OFFER**