



Freedom from Tobacco

Course Description: If you want to quit smoking, vaping, 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 FREE. In addition, if you are over 18, 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 2025 – May 2026

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

Registration: Full registration instructions are located on the back of this form. **Students are required to register 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) 457-4452 or (806) 457-4468 or e-mail rrdominguez@actx.edu. Se habla español. You may also visit us online at 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 (Enrollment Center, Suite 700, Phone 345-5639) as soon as possible.

Updated 1/7/26

Course ID #	Days	Dates	Times	Location
237089	Tues/Thurs	December 16, 18	6:00pm-8:30pm	AC First Responders, 3891 Plains Blvd, Room 1057
Course ID #	Days	Dates	Times	Location
240032	Tues/Thurs	January 13, 15	6:00pm-8:30pm	AC First Responders, 3891 Plains Blvd, Room 1057
Course ID #	Days	Dates	Times	Location
240033	Tues/Thurs	February 17, 19	6:00pm-8:30pm	AC First Responders, 3891 Plains Blvd, Room 1057
Course ID #	Days	Dates	Times	Location
240034	Tues/Thurs	March 24, 26	6:00pm-8:30pm	AC First Responders, 3891 Plains Blvd, Room 1057
Course ID #	Days	Dates	Times	Location
240035	Tues/Thurs	April 21, 23	6:00pm-8:30pm	AC First Responders, 3891 Plains Blvd, Room 1057
Course ID #	Days	Dates	Times	Location
240036	Tues/Thurs	May 19, 21	6:00pm-8:30pm	AC First Responders, 3891 Plains Blvd, Room 1057

*****FREE CLASS SPECIAL – CALL (806) 457-4452****

Phone Registration

- Call Intervention Programs, (806) 457-4452, 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) 457-4457.
- No acknowledgement will be mailed.

In-Person Registration

FIRST RESPONDERS ACADEMY, 3891 Plains Blvd., Room 1007, Amarillo, TX

HOURS VARY BY CAMPUS LOCATION AND DURING HOLIDAYS/SUMMER

Please call AC Intervention Programs at (806) 457-4452 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:	<input type="checkbox"/> Texas Resident <input type="checkbox"/> Out-of-State <input type="checkbox"/> Foreign Country		
Gender:	Male	Female	Personal E-mail:	Business E-mail:
Ethnic Origin: (Voluntary Information – Will not affect enrollment) <input type="checkbox"/> White <input type="checkbox"/> American Indian <input type="checkbox"/> Alaskan Native <input type="checkbox"/> Black <input type="checkbox"/> Asian/Pacific <input type="checkbox"/> Islander <input type="checkbox"/> Hispanic <input type="checkbox"/> International				
I CERTIFY THAT THE INFORMATION GIVEN ABOVE IS COMPLETE AND CORRECT.				
Date:	Signature:			

FREE CLASS – SPECIAL OFFER