

# Protect Your Health and Those You Love

# Smoking Cessation Class



**MOUNTAIN HEALTH & COMMUNITY SERVICES  
BEHAVIORAL HEALTH DEPARTMENT**

**Classes conducted by psychologist  
Rachel Bader, Psy.D.**

**Tuesdays at 12:15  
10-week sessions**

**Alpine Family Medicine  
1620 Alpine Blvd. Ste. 118, Alpine  
(619) 445-6200 x 151**

**Most insurances accepted or on sliding fee scale.**

**Residents in the Jacumba and Campo areas  
may attend classes via Telemedicine**