

COPC Tobacco Cessation Program



Please call for
all class start
dates!

In-Person Class Offerings:

Tuesdays at 6:00pm – 7:00 pm

COPC Corporate Headquarters
655 Africa Rd.
Westerville, OH 43082

Thursdays at 12:00pm – 1:00 pm

COPC Innovative Diabetes Mgmt
5202 Bethel Reed Park, Suite 100
Columbus, OH 43220

***Bethel Reed Office Park
Inside building 5200-5216***

- Each one-hour class meets in person **once a week for six weeks** total

Cost and Availability:

This program is currently **offered at no charge**, and is open to all COPC patients, staff, and to the general public regardless of COPC affiliation.

**Class Size is Limited –
Please Call Early to
Reserve Your Spot!**



** Class times and locations may change periodically
Call to inquire for details or sign up **614-565-1870****

2024

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	NOTES:				

2024

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2
3	4	NOTES:				

2024

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 CLASS WEEK 1	25	26 *Westerville 6-7pm	27	28 Bethel Reed Park noon-1pm	29	30
31	1	NOTES:				

2024

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
31 CLASS WEEK 2	1	2 *Westerville 6-7pm	3	4 Bethel Reed Park noon-1pm	5	6
7 CLASS WEEK 3	8	9 *Westerville 6-7pm	10	11 Bethel Reed Park noon-1pm	12	13
14 CLASS WEEK 4	15	16 *Westerville 6-7pm	17	18 Bethel Reed Park noon-1pm	19	20
21 CLASS WEEK 5	22	23 *Westerville 6-7pm	24	25 Bethel Reed Park noon-1pm	26	27
28 CLASS WEEK 6	29	30 *Westerville 6-7pm	1	2	3	4
5	6	NOTES:				

2024

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
28 CLASS WEEK 6	29	30	1	2 Bethel Reed Park noon-1pm	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	NOTES:				

2024

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
26	27	28	29	30	31	1
2 CLASS WEEK 1	3	4 *Westerville 6-7pm	5	6 Bethel Reed Park noon-1pm	7	8
9 CLASS WEEK 2	10	11 *Westerville 6-7pm	12	13 Bethel Reed Park noon-1pm	14	15
16 CLASS WEEK 3	17	18 *Westerville 6-7pm	19	20 Bethel Reed Park noon-1pm	21	22
23 CLASS WEEK 4	24	25 *Westerville 6-7pm	26	27 Bethel Reed Park noon-1pm	28	29
30	1	NOTES:				

2024

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
30 BREAK WEEK	1	2 NO CLASS	3	4 NO CLASS	5	6
7 CLASS WEEKS 5&6	8	9 *Westerville 6-7pm	10	11 Bethel Reed Park noon-1pm	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	NOTES:				

2024

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	NOTES:				

2024

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 CLASS WEEK 1	9	10 *Westerville 6-7pm	11	12 Bethel Reed Park noon-1pm	13	14
15 CLASS WEEK 2	16	17 *Westerville 6-7pm	18	19 Bethel Reed Park noon-1pm	20	21
22 CLASS WEEK 3	23	24 *Westerville 6-7pm	25	26 Bethel Reed Park noon-1pm	27	28
29	30	1	2	3	4	5
6	7	NOTES:				

2024

OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
29 CLASS WEEK 4	30	1 *Westerville 6-7pm	2	3 Bethel Reed Park noon-1pm	4	5
6 CLASS WEEK 5	7	8 *Westerville 6-7pm	9	10 Bethel Reed Park noon-1pm	11	12
13 CLASS WEEK 6	14	15 *Westerville 6-7pm	16	17 Bethel Reed Park noon-1pm	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	NOTES:				

2024

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	NOTES:				

2024

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	NOTES:				