

Make this your year to Quit!



LEARN | MANAGE | STOP

The Freedom From Smoking cessation class can help smokers manage cravings, thoughts, and social relationships to maximize quit rates and remain smoke-free.

Class Details

Date & Time

4 Weeks - 8 Sessions
2:00pm - 3:30pm

December 5
December 12
December 19
January 2
January 9
January 16
January 23
January 30

Cost

FREE

Registration

Contact Cyndi Powers
(231) 672-3211

Location

Access Health, Inc.
1200 Ransom Street
Muskegon MI 49442

**The more you
TRY**
the more likely
you are to succeed.



United Way of the Lakeshore
UnitedWayLakeshore.org



HEALTH PROJECT

A COMMUNITY BENEFIT MINISTRY OF MERCY HEALTH