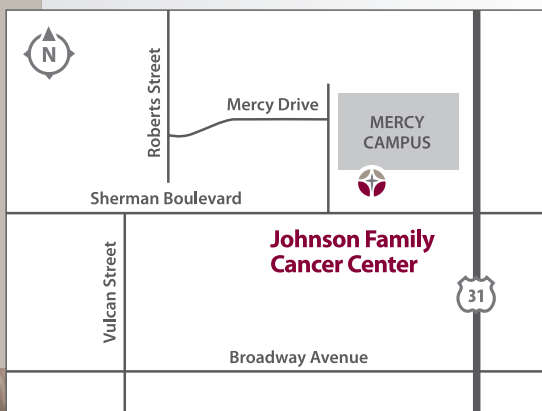


Freedom from Smoking[®] 2018

Congratulations! If you are thinking about quitting smoking, you've taken the first step to quitting for good.



Freedom From Smoking, the leading adult smoking cessation program for over 30 years, shows you how to quit in a safe, supportive environment. You'll be given the tools and resources to overcome your tobacco addiction so you can enjoy the benefits of better health, extra money in your pocket and healthier relationships.

Choose a session (plan to attend all four classes):

Tuesdays, 10–11:30 a.m.

Session 1: March 6, 13, 20, 27

Session 2: April 3, 10, 17, 24

Session 3: May 1, 8, 15, 22

Johnson Family Cancer Center

1440 E. Sherman Boulevard

Muskegon, MI 49444

Sessions will be led by Cyndi Powers, program coordinator for the Lakeshore Lung Program, through the Health Project, a community benefit ministry for Mercy Health.

Registration is free but required. Space is limited.

To register, please call **231.672.3211**

 **MERCY HEALTH**