

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

3 Weeks - 8 Sessions
5:30pm-7:00pm

January 11
January 18
January 25

Cost

FREE

Registration: Please call/email

Contact Cyndi Powers
(231) 672-3211
Email: powerscl@mercyhealth.com

Location

NOCH Community Room
S. Beacon Blvd.(use Four Pointes entrance)

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