

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
5:30pm-7:00pm

January 12
January 19
January 26
February 2

Cost

FREE

Registration: Please call/email

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

Location

Health Project
565 W. Western Ave.
Muskegon, MI 49440

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

