

FREE SMOKING CESSATION CLASS

LEARN | MANAGE | STOP

SMOKE-FREE MOM AND BABY

Stop Smoking during pregnancy with a seven-to-ten day plan. Women who believe they can quit, will quit!

With a proven model called SCRIPT (Smoking Cessation and Reduction in Pregnancy Treatment), our caring and trained health workers and prevention educators can help.

2019 Class Dates: Jan 9th, 16th, 23rd and 30th

Times: 10-11am & 11am-12pm (no 11am class on the 23rd)

Location: Birth Center at Mercy Health Hackley Campus OB Conference Room (North 2)

QUITTING SMOKING IS THE BEST CHOICE FOR A HEALTHY PREGNANCY AND A HEALTHY BABY!

EARN A FREE MOVIE TICKET

ASK US HOW TO EARN PROGRAM INCENTIVES

TO LEARN MORE OR SIGN UP FOR A CLASS CONTACT:

Cyndi Powers at the Health Project:
(231) 672-3211 | powerscl@mercyhealth.com

HEALTH PROJECT
A COMMUNITY BENEFIT MINISTRY OF MERCY HEALTH



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