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

The more you

TRY the more likely you are to succeed.

## **Date & Time**

4 wk course- 1 hr classes available – between 9:00-12:00

March 19-April 30

Every Tuesday

9:00-12:00

**Location:**

Access Health

1200 Ransom St

Muskegon, MI 49440

**FREE** one-on-one

Smoking Cessation

Classes

## **Cost**

**FREE-Must call to register**

## **Registration**

Contact Cyndi Powers (231) 672-3211 to register