

Courage to Quit 2020

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

Courage to Quit, 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.

Mondays, 9–1:00 Thursdays, 1-4:00

Call to register @ 231-672-3211

3- 1hr classes.

Johnson Family Cancer Center

1440 E. Sherman Boulevard

Muskegon, MI 49444

Sessions will be led by Cyndi Powers, Community Health Improvement Coordinator, 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*

