

Want to quit smoking?

Now you can for **FREE.**



A ***NO PRESSURE***, 2 hour one-time program that will give you the important tools you need to successfully quit when you are ready.

Information on medication and strategies to help you quit will be presented.

Workshop Dates:

April 21, 5:30 - 7:30 p.m.

April 22, 10:00 - 12:00 noon

Branch-Hillsdale-St. Joseph Community Health Agency
20 Care Drive, Hillsdale, Michigan 49242

April 28, 5:30 - 7:30 p.m.

April 29, 10:00 - 12:00 noon

Branch-Hillsdale-St. Joseph Community Health Agency
570 N. Marshall Road, Coldwater, Michigan 49036

Child Care
and
Really Good Snacks Provided!

For more information or to sign up contact:
Kelley Mapes, Community Health Educator at 517-279-9561 ext.103
mapesk@bhsj.org

Offered by the Branch-Hillsdale Tobacco Reduction Action Coalition
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