

Make your New Year's resolution to...

STOP SMOKING!

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

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

Workshop Location and Time:

Branch County

Branch-Hillsdale-St. Joseph Community Health Agency

570 N. Marshall Road

Coldwater, Michigan 49036

January 28, 2009

10:00-12:00 noon & 5:30-7:30 pm.

Really good snacks provided and many **free** giveaways.

You must pre-register !

For more information contact:

Kelley Mapes, Community Health Educator at

517-279-9561 ext.103

mapesk@bhsj.org