



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:

Hillsdale County

Branch-Hillsdale-St. Joseph Community Health Agency

20 Care Drive

Hillsdale, Michigan 49242

January 27, 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:

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