



You **CAN** Quit Smoking

smokefree  
Mommy & Me

...for your baby

...for your family

...for yourself

Let us help you find the motivation, inspiration and support you need to be smoke free!

*If you are pregnant or a mom,*

**please join us August 16th @ noon or 5 p.m. for a one hour session**

**to learn and earn more!**

Participants who attend the introductory session will receive a \$10 gift card for participating.

**Branch-Hillsdale-St. Joseph Community Health Agency**

1110 Hill Street, Three Rivers, MI 49093, or call 269-273-2161, ext. 0103# for more information