

Make this your year to Quit!



LEARN | MANAGE | STOP

The Freedom From Smoking cessation class can help smokers manage cravings, thoughts, and social relationships to maximize quit rates and remain smoke-free.

Class Details

Date & Time

7 Weeks - 8 Meetings
5:30pm - 7:00pm

March 4th
March 11th
March 18th
March 25th
March 27th
April 1st
April 8th
April 15th

Location

United Way
31 E Clay Ave, Muskegon, MI 49442

Cost

\$25 fee refundable after attending
5 sessions or more

Registration

Contact Cyndi Powers
(231) 672-3211

The more you
TRY
the more likely
you are to succeed.



United Way of the Lakeshore
UnitedWayLakeshore.org



HEALTH PROJECT

A COMMUNITY BENEFIT MINISTRY OF  MERCY HEALTH