

# 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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