

Make your New Year's resolution to...

## **STOP SMOKING!**

A **FREE** *NO PRESSURE*, 6 week 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:

### **St. Joseph County**

Branch-Hillsdale-St. Joseph Community Health Agency

209 W. Hatch Street

Sturgis, MI 49091

December 29 - February 2, 2009

10:00 - 12:00 noon

Or

5:30 - 7:30 pm

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

### **You must pre-register !**

For more information and class times contact:

Kelley Mapes, Community Health Educator at

517-279-9561 ext.103

mapesk@bhsj.org