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Smoke~Free Life



Lakeland
HealthCare

Ready to Quit Tobacco?

Join tobacco treatment specialist **Margaret Clayborn** for a six-week smoking cessation program. Receive the tools you need to kick your tobacco habit for good.

Classes are one hour each, provided free of charge, and open to the community.

Each session is different and will cover the following topics*:

- Preparing to quit
- Coping with the urge to use
- Long-term benefits of not using tobacco
- Medications and usages
- Living tobacco-free
- Overcoming relapse

To learn more see the back of this flyer for complete list of upcoming classes, call (269) 927-5403 or email smokefreelife@lakelandregional.org



*Lakeland associates participating in the *myHealth* program must attend five of the six classes to complete this Alternate Satisfaction Activity

myHealth

2014 Upcoming Classes

Lakeland Medical Center, St. Joseph
1234 Napier Ave, St Joseph, MI 49085

Upton - Frederick S. Education Center
Comm. Rm - Community Room

		2:00 p.m.		4:00 p.m.		7:30 a.m.
		Monday		Tuesday		Wednesday
Session 1	Comm. Rm	7/7	Upton 1	7/8	Comm. Rm	7/9
Session 2	Comm. Rm	7/14	Comm. Rm	7/15	Comm. Rm	7/16
Session 3	Upton 2	7/21	Upton 1	7/22	Upton 2	7/23
Session 4	Upton 1	7/28	Comm. Rm	7/29	Comm. Rm	7/30
Session 5	Upton 1	8/4	Comm. Rm	8/5	Cafeteria	8/6
Session 6	Upton 2	8/18	Comm. Rm	8/19	Upton 2	8/20

Lakeland Hospital, Niles
31 N Saint Joseph Ave, Niles, MI 49120

HRL - Health Resource Library

		2:00 p.m.		4:00 p.m.
		Monday		Wednesday
Session 1	HRL	9/8	HRL	7/9
Session 2	HRL	9/15	HRL	7/17
Session 3	HRL	9/22	HRL	7/24
Session 4	HRL	9/29	HRL	7/30
Session 5	HRL	10/6	HRL	8/6
Session 6	HRL	10/13	HRL	8/20