



FREE Smoking Cessation *classes for the* Community

Make a FRESH START in 2015!

Make it **YOUR** New Year's Resolution to quit smoking. Join Covenant HealthCare for a free informational seminar on ways **YOU** can quit.

Date: Thursday, January 8, 2015

Time: 6:00-8:00 pm

- Listen to our team, Dr. Binu Malhotra and Covenant Respiratory Therapy staff, discuss the importance of living a tobacco-free life.
- Gather information on ways you can successfully quit smoking.
- Check your lung health status with on-site respiratory screening tools.
- Sign up for FREE Smoking Cessation Classes or a more personal plan.

All classes will be held at **Covenant HealthCare Mackinaw**
5400 Mackinaw (at Tittabawassee), Saginaw, MI 48604
Lower Level Conference Room

Space is Limited.

RSVP today by calling 1.866.COVENANT.
(1.866.268.3626)

All classes are free of charge and open to the public.

