



FREE Smoking Cessation *classes for the* Community

Make a **FRESH START** in 2016!

Make it **YOUR** 2016 Resolution to quit smoking. Join Covenant HealthCare for a free informational seminar on ways **YOU** can quit.

ADDITIONAL SESSIONS FOR 2016

Dates: **Thursday, January 14**
Thursday, April 14
Thursday, September 15

Time: **6:00-8:00 pm**

- Listen to 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
Third Floor Conference Room A

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.

