

Become your health's **hero!**

MAKE A FRESH START IN 2017!

free 2017 INFORMATIONAL SEMINARS

- **JANUARY 12**
- **APRIL 20**
- **SEPTEMBER 14**

THURSDAYS FROM 6:00 - 8:00 PM



Join Covenant HealthCare for a **free** informational seminar on ways you can quit smoking.

- 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 are open to the public.

CLASSES ARE HELD AT:

Covenant HealthCare Mackinaw
5400 Mackinaw (at Tittabawassee)
Saginaw, Michigan 48604
Third Floor Conference Room A

SPACE IS LIMITED

RSVP TODAY BY CALLING

1.866.COVENANT (1.866.268.3626)

