


QUIT

QUIT SMOKING CLASSES

HURLEY

COMMUNITY WELLNESS

QUIT classes are appropriate for all types of tobacco use

- o Discover your smoking patterns
- o Change your behaviors and learn how to develop healthier lifestyle habits
- o Create a personal quit plan
- o Learn about addiction, and how to break the cycle and live tobacco free
- o Learn about withdrawal symptoms and how to minimize them
- o Discover the different Nicotine Replacement Therapy (NRT) options

Free Upcoming Class

Tuesdays, May 10 – June 14 • 12:00 – 1:00pm

Genesys Hurley Cancer Institute • 302 Kensington Ave, Flint

Pre-registration is required. Call 810.262.7898 or email dcampbe2@hurleymc.com to register today!

Individual appointments are also available.



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