



6 WEEKS – 7 SESSIONS - FREE COMMUNITY CLASS

***A program that will help you find the tools that you need to become and stay tobacco free.***

- *Designed to help tobacco user's deal with triggers, weight control, withdrawal symptoms, daily stress, and setback prevention.*
- *One of the best things that you can do for your personal health and the health of those around you.*

*It's not easy, but every attempt brings you closer to success.  
We're here to help you become TOBACCO FREE.*

<b>September 7<sup>th</sup></b>	<b>Tuesday Nights</b>	<b>6 to 8 PM</b>
<b>METRO Southwest</b>		
2215 44 <sup>th</sup> Street SW Wyoming 49519		
<b>September 21<sup>th</sup></b>	<b>Tuesday Night</b>	<b>6:30 – 8:30 PM</b>
<b>Zeeland Community Hospital</b>		<b>DeWitt Bldg</b>
8333 Felch Street Zeeland		49464-2608
<b>October 6<sup>th</sup></b>	<b>Wednesday Nights</b>	<b>6 to 8 PM</b>
<b>Breton Village Green Apartment / METRO Health</b>		
2305 Burton SE Grand Rapids 49506		
<b>October 6<sup>th</sup></b>	<b>Wednesday Nights</b>	<b>6 to 8 PM</b>
<b>Lowell Family Medical /Lowell Community Health</b>		
2550 West Main Lowell 49331-8695		
<b>Oct 7<sup>th</sup></b>	<b>Thursdays Afternoon</b>	<b>12:30-2:30 PM</b>
<b>Grand Rapids Community College</b>		
<b>RM 209 Cook Hall</b>		
143 Bostwick NE Grand Rapids		
<b>November Class to be announced</b>		
<b>The Quitters</b>		
<b>Every 2<sup>nd</sup> &amp; 4<sup>th</sup></b>	<b>Monday</b>	<b>6 – 7 PM</b>
<b>616-235-1477</b>	<b>Saint Mary's Wege Building</b>	
	300 Lafayette NW, Grand Rapids	
<b>Nicotine Anonymous</b>		
	<b>Every Saturday</b>	<b>11:00 – 12:00 PM</b>
	<b>Kent Community Hospital</b>	<b>750 Fuller NE, Grand Rapids</b>



**SPONSORS:**

Diamond: Spectrum Health

Platinum: Priority Health

Gold: METRO Health

Silver: Zeeland Community Hospital

Donor: Lowell Community Wellness, Saint Mary's Health Care