



6 WEEKS – 7 SESSIONS - FREE COMMUNITY CLASS

**1 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>January 5<sup>th</sup>, 2010</b>	<b>Tuesday Nights</b>	<b>6 to 8 PM</b>
<b>METRO Health Village</b> 5900 Byron Center Avenue SW Wyoming		
<b>January 12<sup>th</sup>, 2010</b>	<b>Tuesday Nights</b>	<b>6 – 8 PM</b>
<b>Zeeland Community Hospital</b> DeWitt Bldg 8333 Felch Street Zeeland		
<b>January 15<sup>th</sup>, 2010</b>	<b>Saturdays Mornings</b>	<b>9 – 11 AM</b>
<b>Lowell Family Medical /Lowell Community Wellness</b> 2550 West Main Lowell		
<b>February 3, 2010</b>	<b>Wed / Monday Nights</b>	<b>**7 to 9 PM**</b>
<b>Grand Valley Alcohol Campus Education Services Center/Sponsored by Zeeland Community Hospital</b> Water Tower Place 10383 B 42 <sup>nd</sup> Avenue Allendale 49401		
<b>February 23<sup>rd</sup> 2010</b>	<b>Tuesday Nights</b>	<b>6 to 8 PM</b>
<b>METRO Cascade</b> 4300 Cascade Road SE Suite 101A		

For more information about Tobacco free Partners and Tobacco Free for Good classes see our website and [www.tobaccofreepartners.org](http://www.tobaccofreepartners.org). Also, if you are interested in becoming a partner and sponsor of classes please contact Laura Van Heest at Tobacco Free Partners 248-9165 or email [lvanheest@tobaccofreepartners.org](mailto:lvanheest@tobaccofreepartners.org).

**SPONSORS:**

Platinum: METRO Health | Priority Health | Spectrum Health

Gold: Pfizer, Zeeland Community Hospital

Silver: Advantage Health Physicians Network | Michigan Medical PC | The West Michigan Physicians Network

Donors: Health Advocates, Pink Arrow Lowell, Saint Mary's Health Care

