



❖ *“I’d rather be a quitter with an occasional desire to smoke than a smoker with a constant desire to quit.”*

McLaren invites you to take a big step toward quitting smoking by attending a free class. Join tobacco treatment specialist Valerie McLeod to learn how to get started on your journey to tobacco-free living. At the workshop, you will:

- ❖ Gain a better understanding of nicotine addiction
- ❖ Understand how smoking cessation medicines work
- ❖ Create a quit plan specific to your habit
- ❖ Learn strategies to avoid relapse

Workshops are offered at McLaren Pulmonary Rehab Program, G-3230 Beecher Rd., Flint, MI 48532 located in the Medical Education Building [lower level].

Afternoon Workshops:

3:00 - 4:30 p.m.

First Monday of the month

Registration is required to attend. To register, call our tobacco treatment specialist at (810) 342-5370.

To register online, visit www.mclaren.org.flint and select Classes and Events.



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