

# Healthy Is Our Goal



## Tobacco Cessation Support

Tuesdays, 6 p.m.

Miami Valley Hospital – Weber Center, Room 1813

These free, five-week sessions will take you through the quitting process. Each one-hour class will focus on topics ranging from “Thinking about Quitting” to “Staying Quit for Life.” Time for questions and additional instructor support will be available following each class.

**To register, please call 877-684-4584.**

