



Ascension
Genesys Hospital

Smoking Cessation Program

"Why it's so hard to quit!" - presented by Brian Cecil, RN, BSN

Join me for a free 60-70 minute information session starting at 4pm. Scheduled 2021 session dates are:

- | | |
|-----------------------------|------------------------------|
| > January 27 th | > July 28 th |
| > February 24 th | > August 25 th |
| > March 24 th | > September 22 nd |
| > April 28 th | > October 27 th |
| > May 26 th | > November 17 th |
| > June 23 rd | > December 15 th |

It's never too late to quit. Each session will:

- **Help you develop a personal quit plan**
- **Explore alternatives to smoking**
- **Discuss quit options and allow time for questions**

Pre-registration is requested. Call 810-606-7848 or email brian.cecil@ascension.org

****At this time until the foreseeable future, all group sessions will be held via Zoom meetings, you can copy and paste the invitation link below; also if register by email, an invitation link will be sent to you.**

<https://ascension.zoom.us/j/8084975245> (copy and paste into browser)

****Class may be canceled if less than 3 people register, individual counseling also available by phone or 1-on-1 Zoom meeting****

ascension.org/michigan