

# HELP TO QUIT TOBACCO

JOIN US!

## Weekly Tobacco Cessation Course

Starting May 30th

Thursdays from 1:00pm-2:00pm

Community Mental Health of Ottawa County

12265 James Street, Holland 49423

- Group Support
- Practice Changing Behavior
- Identify Triggers
- Live a Healthier Life

PIZZA  
PROVIDED

Register by scanning QR code  
or visit:

<https://tinyurl.com/5dmedmax>



**\*\*EARN A \$10 GIFT CARD FOR EVERY TWO CLASSES YOU ATTEND  
WITHIN 6 WEEKS OF EACH OTHER. MUST BE 18 YEARS OF AGE OR  
OLDER TO PARTICIPATE.**