



Courage to Quit[®] tobacco cessation program.

The health of every individual affects us all.

Join Tobacco Cessation Facilitator Latorya Greene for the next tobacco cessation program.

Program begins:

**Wednesday, Oct. 2, 2019
6pm-7:30pm**

Location:

**Saint Joseph Health System
Mishawaka Medical Center
Education Center E
5215 Holy Cross Parkway
Mishawaka, IN 46545**

Program ends:

**Wednesday, Nov. 13, 2019
6pm-7:30pm**

Quit Day during week 3!

**These classes are provided free of charge by Saint Joseph Health System.
For more information or to register, call Latorya Greene at 574.335.4684.**