



# Freedom from Smoking<sup>®</sup> tobacco cessation program.

The health of every individual affects us all.

Join Tobacco Education Coordinator Latorya Greene for the next seven-week Freedom from Smoking<sup>®</sup> tobacco cessation program for 2019.

**Program begins on:**  
Wed., April 3, 2019  
6 - 7:30 pm

**Program ends on:**  
Wed., May 15, 2019  
6 - 7:30 pm

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

**\*Quit Day will be during week 4!\***

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.