



# 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., Jan. 09, 2019  
6 - 7:30 pm

**Program ends on:**  
Wed., Feb. 20, 2019  
6 - 7:30 pm

**Location:**  
Saint Joseph Health System Pavilion II  
707 E. Cedar St.  
South Bend, IN 46617

**\*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.**

**SAINT JOSEPH**  
HEALTH SYSTEM  
COMMUNITY HEALTH  
AND WELL-BEING



**FREEDOM**  
FROM SMOKING<sup>®</sup>

  
1-800-QUIT NOW  
Indiana's Tobacco Quitline

Elkhart  
Mishawaka  
Plymouth  
South Bend  
[sjmed.com](http://sjmed.com)