

KICK THE HABIT



TOBACCO CESSATION PROGRAM

A 4 week course that provides motivation, education, and support to help reach the goal of tobacco cessation.

NOW ON THURSDAYS!

- Each week features different aspects of Tobacco Cessation.
- A Registered Nurse leads the program. It also includes a Dietitian, Exercise Specialist, Pharmacist, & Voya Rep to discuss savings potential.
- Support group setting.

Next Set of 4 Classes: Thursdays in August
August 3, 10, 17, 24, 2017

- **TIME:** 5:30-6:30 p.m.
- **LOCATION:** LIFT Wellness Center Education Suite
- **REGISTER:** Call 731-425-6956 or
- **EMAIL:** Mandy.Griggs@wth.org

**LIFT** + **Disease Management**
WELLNESS CENTER

Cost: \$50
Upon completion of all 4 classes, you will receive a \$50 LIFT gift card