

# Tobacco Cessation Program

Morrow County Hospital • 651 West Marion Road • Mount Gilead, Ohio 43338

## Tobacco Cessation 2016

Registration Required • Free Program • Maximum Class Size: 8 participants

**Tobacco Cessation program** is a six-week program one night a week for one hour. This program includes the development of a quit plan along with education on identifying the individual triggers and development of a positive approach to breaking the habit. This program will leave the participant with the tools to work toward becoming tobacco free.

All dates listed below are on Wednesdays from  
6 to 7 p.m. located in MCH Room C

JANUARY 6	MARCH 23	JUNE 22	SEPTEMBER 7
JANUARY 13	MARCH 30	JUNE 29	SEPTEMBER 14
JANUARY 20	APRIL 6	JULY 6	SEPTEMBER 21
JANUARY 27	APRIL 27	JULY 13	OCTOBER 12
FEBRUARY 3	MAY 4	JULY 20	OCTOBER 19
FEBRUARY 10	MAY 11	JULY 27	OCTOBER 26
MARCH 2	MAY 18	AUGUST 17	NOVEMBER 2
MARCH 9	MAY 25	AUGUST 24	NOVEMBER 9
MARCH 16	JUNE 1	AUGUST 31	NOVEMBER 16

**NEED MORE  
INFO?**

Please call **419.949.3015** for more  
information and to register.

 **Morrow County  
Hospital**  
OhioHealth

[morrowcountyhospital.com](http://morrowcountyhospital.com)