

Tobacco Cessation Program

Tobacco Cessation 2017

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 Morrow County Hospital Room C

MARCH 1

JUNE 7

SEPTEMBER 6

NOVEMBER 22

MARCH 8

JUNE 14

SEPTEMBER 13

NOVEMBER 29

MARCH 15

JUNE 21

SEPTEMBER 20

DECEMBER 6

MARCH 22

JUNE 28

SEPTEMBER 27

DECEMBER 13

MARCH 29

JULY 5

OCTOBER 4

DECEMBER 20

APRIL 5

JULY 12

OCTOBER 11

DECEMBER 27

**NEED MORE
INFO?**

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



**Morrow County
Hospital**
OhioHealth