

# Free Tobacco Cessation Classes

The Tobacco Free Network is dedicated to preventing and reducing tobacco and nicotine use in West Michigan. We would like to help you to reach your goal of living a tobacco free life.

## Quit 101

*4 sessions, week 1 is 2 hours, follow up classes are 1 1/2 hours*

Spectrum Health's QUIT 101 focuses on tips to help you develop a quit plan and find strategies that will work for you.

Spectrum Health Heart and Vascular Center

- **Wednesdays, May 3 - 24, 4:30 pm**

Spectrum Health Heart and Vascular Center

- **Thursdays, July 6 - 27, 4:30 pm**

Spectrum Health Healthier Communities

- **Wednesdays, Sept. 6 - 27, 6 pm**

Spectrum Health Heart and Vascular Center

Registration required: call **(616) 267-2626**, option 4 or toll free **(877) 495-2626**, option 4.

## Tobacco Free for Good

*6 sessions - 2 hours*

This class, offered by Metro Health, focuses on preparing to quit, setting a quit date and providing information about how to live without tobacco.

Southeast Community Clinic

- **Tuesdays, May 23 - June 27, 6 - 8 pm**

Southwest Metro Health

- **Tuesdays, Sept. 12 - Oct. 17, 6 - 8 pm**

Rockford Metro Health

- **Thursdays, Oct. 12 - Nov. 16, 6 - 8 pm**

Registration not required, but preferred **(616) 252-7117** or **metrohealth.net**.

### Not sure which class to take?

Call us at **(616) 726-8204**, we can help you find classes and resources to fit your needs.

**Tobacco Free Network**

• *Make Today Your Quit Day* •

