



Ascension  
Genesys Hospital

# 2024 Smoking Cessation Program

**"Why it's so hard to quit!" - presented by Brian Cecil, RN, BSN**

Join me on the following Tuesdays for a free 60 minute information session starting at 5 pm.

Scheduled 2024 session dates are:

- |                             |                              |
|-----------------------------|------------------------------|
| > January 23 <sup>rd</sup>  | > July 23 <sup>rd</sup>      |
| > February 20 <sup>th</sup> | > August 20 <sup>th</sup>    |
| > March 26 <sup>th</sup>    | > September 24 <sup>th</sup> |
| > April 23 <sup>rd</sup>    | > October 22 <sup>nd</sup>   |
| > May 21 <sup>st</sup>      | > November 19 <sup>th</sup>  |
| > June 18 <sup>th</sup>     | > December 17 <sup>th</sup>  |

**It's never too late to quit! Each session will:**

- **Help you develop a personal quit plan**
- **Explore alternatives to smoking**
- **Discuss quit options & allow time for questions**

**Pre-registration is requested. Call 810-606-7848 or email [brian.cecil@ascension.org](mailto:brian.cecil@ascension.org)**

**\*\*\*All group sessions will continue to be held using Zoom, you can copy & paste the invitation link below. Also, if you register by email, an invitation link will be sent to you. If you do not use Zoom, that is ok, you can call in with any phone & participate using audio only (After you register, the call-in # & PIN will be given to you).\*\*\***

**<https://ascension.zoom.us/j/8084975245> (copy & paste into browser)**

**\*\*\*Class may be canceled if less than 3 people register, individual counseling also available by phone or 1-on-1 Zoom meeting\*\*\***