



**Ascension  
Genesys Hospital**

# 2023 Smoking Cessation Program

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

Join me for a free 60 minute information session starting at 5 pm. Scheduled 2023 session dates are:

- |                             |                              |
|-----------------------------|------------------------------|
| > January 17 <sup>th</sup>  | > July 18 <sup>th</sup>      |
| > February 21 <sup>st</sup> | > August 15 <sup>th</sup>    |
| > March 21 <sup>st</sup>    | > September 19 <sup>th</sup> |
| > April 18 <sup>th</sup>    | > October 17 <sup>th</sup>   |
| > May 16 <sup>th</sup>      | > November 14 <sup>th</sup>  |
| > June 20 <sup>th</sup>     | > December 12 <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 and allow time for questions

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

**\*\*At this time until the foreseeable future, all group sessions will be held via Zoom meetings, you can copy and paste the invitation link below; also if you register by email, an invitation link will be sent to you.**

**<https://ascension.zoom.us/j/8084975245> (copy and 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\*\*\***