

Quit Smoking Class



Hannahville Health Center is offering the Freedom From Smoking Class. This class will help you overcome urges, identify smoking triggers, and develop your own Quit Plan.

**This class has helped thousands of people quit smoking, and it can help you too!
Classes run Tuesdays from January 13 to February 24 12:00 — 1:30 pm.**

**Classes will be held at the Hannahville Health Center.
For questions, or to sign up please contact Shanna at 723-2570.**