

# Smoke~Free Life



## Ready to Quit Smoking?

Lakeland HealthCare offers free quarterly seminars and one-on-one support sessions to help and encourage you to quit smoking. Your healthcare provider recommends that you stop smoking as soon as possible. Schedule a consultation with a tobacco treatment specialist and receive the tools you need to kick the habit for good. To learn more or to schedule an appointment, call (269) 927-5403 or email [smokefreelife@lakelandregional.org](mailto:smokefreelife@lakelandregional.org).

### 2013 Smoke-Free Life Presentations

No registration required; walk-ins welcome.

#### **April 11, 6:00 to 7:00 pm**

Lakeland Community Hospital, Niles  
Buchanan Area Health Resource Library  
31 N. St. Joseph Street  
Niles

#### **July 11, 6:00 to 7:00 pm**

Lakeland Community Hospital, Watervliet  
Classroom B  
400 Medical Park Drive  
Watervliet

#### **October 10, 6:00 to 7:00 pm**

Lakeland Regional Medical Center  
Community Room  
1234 Napier Avenue  
St. Joseph

#### **November 21, 6:00 to 7:00 pm**

Lakeland Community Hospital, Niles  
Buchanan Area Health Resource Library  
31 N. St. Joseph Street  
Niles

