



THE TIME IS NOW.

AMERICAN CANCER SOCIETY FRESHSTART® SMOKING CESSATION PROGRAM

SESSION #1
THURSDAYS, JANUARY 20 & FEBRUARY 3, 2022

SESSION #2
THURSDAYS, MAY 5 & 19, 2022

SESSION #3
THURSDAYS, NOVEMBER 3 & 17, 2022

All programs are Thursday from 4:00 - 6:00 p.m. at the Center for Rehabilitation (Building C), 3190 E. Midland Road, Bay City, 48706.

Cost is \$25, payable at first class (cash/check payment only)

Facilitated by Anne Hamilton, Respiratory Therapist.

This program is designed to help participants stop smoking by providing essential information, skills for coping with cravings, and group support. At McLaren Bay Region, we understand it is difficult to quit smoking and we want to help!

E-CIGARETTES - DID YOU KNOW?

- E-cigarettes can lead to nicotine addiction and increased risk of addiction to other drugs
- E-cigarettes can be used to deliver marijuana and other drugs
- It is difficult for consumers to know what e-cigarette products contain. Some e-cigarettes marketed as containing 0% nicotine have been found to contain nicotine
- Besides nicotine, e-cigarette aerosol can contain substances that harm the body, including cancer-causing chemicals
- E-cigarettes are the most commonly used tobacco product among U.S. middle and high school students. A high-nicotine e-cigarette called Juul is particularly harmful, with about as much nicotine in one pod as a pack of cigarettes. Juul is designed to look like and charge as a USB flash drive, making it easy to pass them off as flash drives in class

drugabuse.gov

Registration is required. Please call toll-free 1-877-411-2762 or register online at mclaren.org/bayseminar.