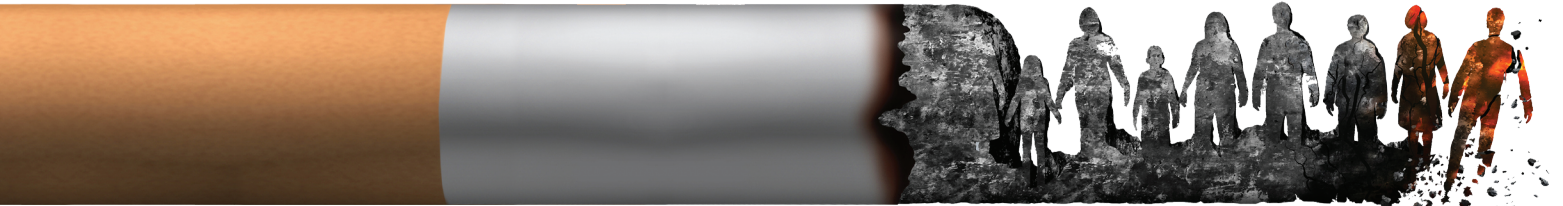


# We Can Help You Become A QUITTER!



## FREE INFORMATIONAL SEMINARS

### WHEN:

6:00-7:30 pm

- Thursday, January 9, 2025
- Thursday, April 10, 2025
- Thursday, September 18, 2025

### WHERE:

**Covenant HealthCare Mackinaw**  
5400 Mackinaw, Second Floor  
Cardiopulmonary Rehab  
Saginaw, Michigan 48604

To reserve your seat, call

**1.989.583.5030**

Please specify "Smoking Cessation Class" when calling and include your name, phone number, and number of attendees.

Sure it can be difficult. That's why Covenant HealthCare is here to help you. Attend one of our seminars and learn what it takes for you to become a quitter.

- Gather information on ways you can successfully quit smoking.
- Check your lung health status with on-site respiratory screening tools.
- Learn from the Covenant Respiratory Therapy staff the importance of a tobacco-free life.
- Sign up for free Smoking Cessation Classes or a more personal plan.
- All seminars are open to the public.
- Space is limited.

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