



# Courage to Quit<sup>®</sup> tobacco cessation program.

**The health of every individual affects us all.**

Join Tobacco Cessation Facilitator Annette Haining for the next tobacco cessation program.

Program begins on  
Tues., February 1, 2022  
6:00 - 7:30 pm

Program ends on  
Tues., March 15, 2022  
6:00 - 7:30 pm

This program will be held at LifePlex  
2855 Miller Dr., Plymouth, IN.  
Participants must register by January 28, 2022.

**These classes are provided free of charge by Saint Joseph Health System.  
For more information or to register, call Annette Haining at 574.948.4988.**