

AnMed Health Cannon

Wellness Services **It is time to quit smoking!**

There is no better time than 2018 to quit smoking.

Sessions aimed at helping smokers kick the habit for good!

FREE Smoking classes offered:

January 9, 16, 23 and 30

April 3, 10, 17 and 24

July 10, 17, 24 and 31

Oct 9, 16, 23 and 30

TIME: 6:00 PM until 7:00 PM.

WHERE: AnMed Health Cannon Outpatient Lobby

Participants should plan to attend all four one-hour sessions.

Call AnMed Health Cannon Wellness • 864.898-1331 to register or for additional information.

