



Courage to Quit[®] tobacco cessation program.

The health of every individual affects us all.

Join Tobacco Cessation Facilitator Sandi Pontius for the next tobacco cessation program

**2023 Virtual Courage to Quit Sessions:
Thursday evenings from 6 – 7:30pm**

Program Begins on:

January 19, 2023
April 13, 2023
August 3, 2023
October 19, 2023

Program Ends on:

March 2, 2023
May 25, 2023
September 14, 2023
November 30, 2023

**Registration is open through Session 2
Participants will receive a link before their first session**

**These classes are provided free of charge by Saint Joseph Health System.
To register, scan the QR Code or call 574.335.4699.**

