



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.

Program begins on:
Wed., October 7, 2020
6 - 7:30 pm

Program ends on:
Wed., November 18, 2020
6 - 7:30 pm

**This program will be held virtually.
Participants must register by September 30th
and will receive a Webex link before the first session.**

These classes are provided free of charge by Saint Joseph Health System.
For more information or to register, call Sandi Pontius at 574.335.4699.