



# Courage to Quit<sup>®</sup> 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:  
Thursday October 6  
6 - 7:30 pm**

**Program ends on:  
Thursday, November 17  
6 – 7:30pm**

**This program will be held virtually.  
Participants must register by October 6, 2022  
and will receive a link to join 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.