

# QUIT

## YOU CAN

**Smoking is not a habit to overcome;  
it's an addiction to recover from.**

Tobacco/nicotine is more addictive than alcohol, cocaine or even heroin. Quitting is one of the hardest and most rewarding things you can do for yourself and your family. Take the first step today to be Tobacco Free for Good!

**We are here to help. You can do it.  
But you don't have to do it alone.**



## **Free Community Classes**

Tobacco Free for Good helps program participants deal with triggers, weight control, withdrawal symptoms, daily stress and setback prevention.

**REGISTER TODAY!**

**(616) 975-0123**

**[tobaccofreepartners.org](http://tobaccofreepartners.org)**

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