

"The Courage to Quit"

Date and time

At Troy YWCA

Seton Health will be providing free smoking cessation beginning in mid February. Join us on February (date) for a one hour educational session on tobacco—what it does to your body, what chemicals are present in the smoke, how your health improves after you quit. Learn about your triggers and the help that is available for stopping. If you have already decided to quit with us this is a great way to get started.

