

GIVE IT UP

QUIT SMOKING

WEDNESDAY, JANUARY 17 • 5:30 PM
PORTAGE TOWNSHIP YMCA
3100 WILLOWCREEK RD., PORTAGE

Join Jonathan Guerrero, PharmD, BCPS, for an informative discussion about how to stop smoking. Find out more about treatment options including lifestyle modifications and home remedies, medications, alternative therapies, current guidelines and recommendations.

**For more information and to register, please call
Health and Wellness Coordinator Danny Gonzalez, RN,
at 219-764-7217.**

