



# 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.**

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