



**The time
to QUIT is
now!**

Learn How

Freedom From Smoking

*A **FREE** program to help you leave behind the hacking cough, that breathless feeling, the increased risks for cancer, heart disease & stroke... and all that guilt. Do it for you and the loved ones in your life.*

Where: Mercy Tyler Hospital Blue Room (*basement level*)

What: An ongoing support group which offers a step-by-step approach to help you unlearn old behaviors and increase your motivation to quit.

When: Thursdays starting **June 10 at 11 a.m. (FREE)**

Instructor: Mary Ellen Marriggi, Behavioral Health Services of Wyoming Valley

Call **570.552.3647** to register.

Mercy Tyler Hospital... We're changing more than our name.


**BEHAVIORAL
HEALTH SERVICES**
OF WYOMING VALLEY


MERCY
Tyler Hospital