

FREEDOM FROM TOBACCO

HIGHLY SUCCESSFUL COMMUNITY PROGRAM – SINCE 1992

Quitting tobacco has never been easier.
We have helped hundreds of people quit tobacco.
Let us partner with you to get the job done!

~Free Weekly Support Groups~
One hour a week will change your life.

MONDAYS, 6 to 7 p.m.

St. Clare Hospital, Classroom C
11315 Bridgeport Way SW, Lakewood, WA 98494

TUESDAYS, 5:30 to 6:30 p.m.

St. Anthony Hospital, Milgard Medical Pavilion
11567 Canterwood Blvd. NW, Gig Harbor, WA 98332
Jane Thompson Russell Cancer Care Center

THURSDAYS, 6:30 to 7:30 p.m.

St. Francis Hospital, Executive Dining Room
34515 – 9th Avenue South, Federal Way, WA 98003

THURSDAYS, 7 to 8 p.m.

St. Joseph Medical Center, Dining Rooms 1 & 2
1717 S. J Street, Tacoma, WA 98405

Just show up! If you stick with our program, you will quit tobacco! Open to anyone wanting to quit tobacco, newly quit, struggling with relapse, or helping a friend quit. Medical advice provided by Dr. Patrick Hogan; funded by Franciscan Health System Community Cancer Program. *Please call to confirm location before attending first group.*

(253) 223-7538 ~ HeidiHenson@fhshealth.org ~ (253) 426-6746

† CATHOLIC HEALTH
INITIATIVES

to **Franciscan Health System**

St. Joseph Medical Center, Tacoma
St. Francis Hospital, Federal Way · St. Clare Hospital, Lakewood
Enumclaw Regional Hospital, Enumclaw
St. Anthony Hospital, Gig Harbor

To receive updated copies of this flyer
please email your contact information
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Updated November 2011