



Do you want to  
**STOP**  
 smoking?  
*a healthy resolution...*

# SIGN UP NOW FOR THE "BREATHE FREE" WORKSHOP

WITH DR. ARTHUR WEAVER

**FEBRUARY 4, 8-12 & 15, 2010**  
**7:30-9:00 PM**

**WHERE: 2775 CROOKS RD., TROY**  
 SOUTH OF BIG BEAVER  
 IN THE *TROY SEVENTH DAY*  
*ADVENTIST CHURCH*



Dr. Arthur Weaver presents "Breathe Free" an effective 7 day Smoking Cessation Workshop to help men and women of all ages **Stop Smoking** and have healthier lives!

There is NO COST to attend and you do not need to live in Troy. **Everyone is welcome!**

Sign up today and get the help you need to successfully quit smoking!

*Sponsored by The Troy Community Coalition for the Prevention of Drug and Alcohol Abuse and The Royal Oak Community Coalition.*

### Successful Treatment

The Breathe Free Smoking Cessation program has been successful in helping more people discard their smoking habit than any other program. It has been used nationally to help millions quit smoking.

The Breathe Free program is a group interaction, behavioral change seminar with an introductory session explaining the program and preparing the individuals for the withdrawal process. There are five successive sessions, and a graduation program the following week.

Participants are instructed how to handle the smoking urges and what to expect in withdrawal symptoms. They also learn how to handle the much longer lasting psychological association that can engender return to the smoking habit.

**Convenient Location:** 2775 Crooks Rd. South of Big Beaver, in the Meeting Room of the *Troy Seventh Day Adventist Church.*

**Sign up today!**  
 Call 248-823-5210



*This program presented on behalf of healthier communities in Troy and Royal Oak.*

Space is Limited. Sign up today!  
 Call the office or mail this form to:

Troy Community Coalition  
 4420 Livernois Rd.  
 Troy, MI 48098  
 Phone: 248-823-5210  
 Fax: 248-823-5051

E-mail:  
 lpodsiadlik2@troy.k12.mi.us

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### Registration Form 2010 Breathe Free Smoking Cessation Program

February 4, 8-12 and February 15 at 7:30 p.m. Troy Seventh Day Adventist Church, 2775 Crooks Rd.  
*FREE, although donations are appreciated! (South of Big Beaver in Troy)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State MI \_\_\_\_\_ Zip Code \_\_\_\_\_

E-Mail \_\_\_\_\_ Phone \_\_\_\_\_