



# **Free Tobacco Cessation Seminar**

*Are you struggling to stop smoking?*

*Do you feel stuck?*

*Do you want to learn ways to cut down?*

*Are you a concerned family member?*

**Learn ways to cut down and permanently end tobacco use!**



**Presented by Clinical Social Worker**

**Chris Brennan, LMSW**

**Tuesday, November 13, 6:00 - 7:30 p.m. at**

**The Lake House - 23500 Pare St., St. Clair Shores**

***Please RSVP: 586-777-7761 or  
programs@milakehouse.org***