

**Tuesday  
May 17th, 2022 at 1 pm  
OR  
Thursday  
June 16th, 2022 at 1 pm.**

# **Spring cleaning can begin with your lungs!**

**MCCMH wants to help you quit smoking.  
If you are considering quitting,  
we have resources and support to help!**

**Please call to register and join us for a FREE  
informational session  
(586) 469-7629**

**Please let us know your preference to attend one of the  
above dates, in person or virtually!**

**You can attend either session virtually or in person at  
43740 North Groesbeck Highway, Clinton Township,  
MI. Pre-event registration is required; We hope to see  
you there!**

