



LIVING FREE

Quit Nicotine—*for Good!*

An Exciting Life-Changing Health & Lifestyle Series.

Coming: Sunday, March 22, 6:30 p.m.
to Daniel's Kitchen, 401 E Main Street • Edmore, MI



Opening Session

Sunday, March 22, 6:30 p.m.

Up in Smoke

There are 7 "R"s for a Recovery Lifestyle that can help you kick the tobacco habit for good!

Second Session

Monday, March 23, 6:30 p.m.

Quit Day

You are ready for this! Your brain is ready. Your emotions are ready. It's time for a new life of freedom from smoking.

Third Session

Tuesday, March 24, 6:30 p.m.

Creating a Lifestyle

We are halfway—together—to map out new habits, a new life, and a new destiny!

Break the bonds of bad habits and overcome cravings for good!

- Live your life with real strength, not artificial energy.
- Increase mental clarity.
- Develop habits to build calmness and courage to meet daily challenges.



Meet Our Speaker: Scott Ritsema

Featuring Christian author, speaker and syndicated radio host, Scott Ritsema

FREE Admission

FREE Health Materials

FREE Health Topics Nightly

Visit us Online at:

AttendHope.com/StopNicotine

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LOCATION: Daniel's Kitchen

401 E Main Street • Edmore, MI 48829

