

Healthy Is Our Goal



Tobacco Cessation Support

Tuesdays, 6:00 p.m.

Miami Valley Hospital

Patient Education Rooms 1 and 2

These 5-week sessions will take you through the quitting process. Each one-hour class will focus on topics ranging from “Thinking About Quitting” to “Staying Quit for Life.” Time for questions and additional instructor support will be available following each class.

To register, please call **877-MVH-HLTH**.



Miami Valley Hospital
Premier Health Partners

The Region's Leader

mvh.org



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County