

# Tobacco Cessation Classes

Sponsored by:  
Access Health Inc.  
Lakeshore Lung Asthma Coalition  
Volunteer Muskegon

A \$105.00 Value  
FREE!!!



## Eligible Individuals

- Tobacco Users
  - Those with asthma
  - Those with COPD
  - Individuals living with those with asthma and/or COPD

## Participant Investment

- In lieu of \$ -- 12 hours of community service time
- Complete the Tobacco Cessation Class (series of four 90 minute classes, one per week)
- Complete the COPD classes for those with COPD\*
- Complete Asthma Education (offered at AH) for those with asthma and parents or significant other of children with asthma\*

## Qualified Instructors

Access Health has been offering Tobacco Cessation Classes to our member and those living in the member household for over nine years through Public Health of Muskegon County Tuesday evening classes for no cost. For over a year an Access Health trained staff has been providing the same classes as a daytime option.

## Why Attend the classes?

Research shows that individuals who are challenged with the desire to quit smoking do better with health education and support.

A significant trigger for those with asthma and COPD is second hand smoke and third hand tobacco metabolites.

Access Health, Inc. continues to identify gaps and barriers for people to achieve their goals for health improvement.

## Contact information:

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