



**Spooner**  
HEALTH

# NEW YEAR, OLD HABIT

## A FREE 5-WEEK SMOKING CESSATION PROGRAM

January 11, 18, 25 and February 1 and 8  
Classes start at 6:00 p.m. in the main level conference room.

### START THE NEW YEAR BY KICKING AN OLD HABIT!

Register by calling 715-939-1727 or emailing [estariha@spoonerhealth.com](mailto:estariha@spoonerhealth.com).  
Walk-ins are also welcome.

