

“MY CHOICE” Weekend Retreat Beginning your life as a non-smoker

*Smoking...
It's not a habit to
overcome
It's an addiction to
recover from.*

ORIENTATION:
March 9, 2006

RETREAT
*Maranatha Conference Center
Norton Shores
March 17th -19th, 2006*

RETREAT FOLLOW-UP
*March 20th & 21st, 2006
Evenings*

Register by February 15
save \$25.00

REGISTRATION DEADLINE
March 1st, 2006

Retreat limited to 25 participants

Phone: 616-732-6262

Email: tftp@grmerc.net

www.tobaccofreenpartners.org

Tobacco Free Partners
Cessation Center
MERC
1000 Monroe NW
Grand Rapids, MI 49503



A transition program designed to meet the needs of people who want more intensive treatment, “Just lock me up”. Get away from the demands of everyday life and concentrate on a new life as a non-smoker.

Benefits of a Retreat Setting:

- Practice living smoke-free in a safe environment
- Learn health lifestyles: breathing exercises, walking, stress management, weight control
- Small group sessions & individual sessions
- Use of effective and comprehensive treatment strategies
- Bonding and support of groups
- Safe place to focus on “SELF”
- Natural setting
- After-care support groups and follow-up

COST: \$500 - includes the following:**
Prescreening to match participants to program
Pre-retreat Orientation & 2 Post-retreat meetings
Overnight accommodations Friday & Saturday
5 meals & refreshments
All materials

****Priority Health Members 10% Discount**



Sponsored by Saint Mary's Health Care