

# Western Reserve Hospital Lung Health Program

**FREE 5-week "How to Quit"  
group sessions available.**

**Session Offerings:** Saturdays (Registration required)  
Tuesdays (Registration required)  
**Saturday classes available!**



To register call: **(330) 929-LUNG (5864)**  
Visit us online to learn more - [westernreservehospital.org](http://westernreservehospital.org)

**Download the  
Plan Q App!**

Search the Google Play  
Store or Apple App Store  
for Plan Q. Enter the code  
"WRH" to unlock features  
to help you quit!



Plan Q is a Pfizer product.

# Western Reserve Hospital Lung Health Program

Western Reserve Lung Health Program "How to Quit" classes provide current and past smokers with educational support and resources to break the habit. Our FREE group sessions include 5 class sessions provided by a certified tobacco treatment specialist. Group sessions are available on Tuesdays and Saturdays (**registration required**). Call today to learn more about our next session offerings! **(330) 929-LUNG (5864)**



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