

Want to Quit? SMOKING?

Come learn strategies that work!

Presented by Dr. Keith Horinouchi



Learn Develop

- to identify the root causes and triggers of smoking
- tactics to manage cravings
- new habits for long-term lifestyle changes



November 13-16, 2018

5:00pm - 6:00pm

Dr. Horinouchi's Wellness Clinic

Located across GPO, next to KFC in Tamuning



FREE for Calvo's Selectcare members.

Classes are on a first come, first served basis.



To register please contact: **Dr. Horinouchi Wellness Clinic**

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