



Ready to Quit Smoking?

Join our “Courage to Quit” Program

Riverside Healthcare is hosting a *Courage to Quit* smoking cessation class led by certified leaders dedicated to helping you take the next big step.

This supportive program provides the tools, guidance, and encouragement you need to make a lasting change. Together, we’ll explore practical strategies, build your confidence, and support your journey toward a smoke-free life.

If you’re ready to start fresh and kick the habit, this is the perfect opportunity. Don’t wait – take the courageous step today!

Quarterly sessions

8 Week program

January, April, July, October

Location

Riverside Orthopedic and Spine Center

100 Riverside Drive, Bourbonnais IL 60914

Schedule & Cost

8 Week program

Free informational orientation

\$30 Program fee



Registration Contact Info
(815) 935-3271