

“ TIME TO BUTT OUT THE SMOKING HABIT ” WE CAN HELP YOU!

FIND OUT MORE ABOUT IT FROM OUR
“BREATHE FREE SERIES”

“I HAVE BEEN SMOKING
FOR YEARS AND TRYING
TO QUIT FOR AGES BUT
NOTHING HAS CHANGED”



CALL US AT 604- 222 7344 / 7779

OR VISIT US AT

ADVENTIST WELLNESS CENTRE
c/o Penang Adventist Hospital
465 Jalan Burma
10350 Penang, MALAYSIA

Send in your inquiry to:
healtheducation@pah.com.my
wellnesscentre@pah.com.my

**YOU CAN AFFORD IT!
ONLY RM50 PER PERSON Inclusive**

- 7 sessions with Preventive Medicine Specialist
- 1.5 hours per session (7:45pm - 9:00pm)
- Activities & Notes
- Refreshments

REGISTER NOW!

The schedule for Breathe free series– The Plan To Stop Smoking

Phases	Sessions	Objective
Preparation	Session 1	Your choice induction and preparation exercise
	Session 2	Caffeine
Celebration	Session 3	Breaking free from Tobacco & Alcohol
Detoxification	Session 4	Dealing with withdrawal
	Session 5	Becoming a non-smoker
	Session 6	Becoming a non-smoker
Normalization & Graduation	Session 7	Solo re-entering society

ANOTHER COMMUNITY PROJECT BROUGHT TO YOU BY:
PENANG ADVENTIST HOSPITAL



檳安醫院