

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



May 14-17, 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

📍 Amparos Business Center, 226 C/D Chalan San Antonio (Across from GPO, between Gaylord & KFC) in Tamuning

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