



Do you want to quit smoking?

We understand & are here to help!

Smoking cessation classes are being offered to PMHA Public Housing residents, through a partnership with the Portage County Health Department.



A series of five (5) tobacco cessation classes will be held every Wednesday, for five (5) weeks, from 3:00PM to 4:00PM at PMHA's Opportunity Resource Center (ORC).

- Class 1 – July 11th
- Class 2- July 18th
- Class 3- July 25th
- Class 4 – August 1st
- Class 5 – August 8th



Do you need help with transportation to these classes? PMHA may be able to help you with PARTA passes or a gasoline gift card. For more details, please call Sabrina Moss at (330) 297-1489 ext. 213.

ORC Address:
6592 Cleveland Rd.
Ravenna, OH 44266

PLEASE CALL TO REGISTER TO ATTEND THESE CLASSES:
(330) 297-1489
EXT. 213

