



CRAVING TO QUIT[®]

by MindSciences

Evidence-based smoking cessation curriculum developed and tested at Yale, and proven to be twice as effective as a leading quit smoking therapy.

- Smartphone app with daily guidance
- Uncover what triggers your smoking
- Less than 10 minutes a day
- Identify your “smoking habits”
- Break the cycle

WellessenceMD Hosts 1 Hour Live Weekly Meetings

\$100 for 1 Month Commitment



Link to Current Class Times and Locations:

[www. WellessenceMD.com/contents/services/classes](http://www.WellessenceMD.com/contents/services/classes)

Registration and Information: (847) 850-8185

WellessenceMD.Info@gmail.com