

HEALTHY LIVING & TOBACCO EDUCATION

A 12-week peer-to-peer support group for smokers and ex-smokers

Starting Soon!!!

- Learn what big tobacco companies do not want you to know
- Learn new ways to improve diet, physical activity, and manage stress
- Learn how to identify triggers and coping strategies to deal with them
- Learn the safest and most effective ways to quit when you are ready
- Learn how smoking affects your medications and your physical health
- Learn how to give and receive support from others who are struggling

For those who are prepared to quit smoking or who are simply contemplating quitting in the future

10 participants needed to start group



For more information please call:
Dee Pastor, Peer Wellness Coach
989-673-6191 or 1-800-462-6814
www.tbhsonline.com

