

# **Are you trying to stay *smoke-free* but need some extra support?**

Come to CUPHD's bi-monthly support group!  
Call or email Nikki Hillier with questions.

September meetings:

September 14th at 5:30 at Strawberry Fields  
September 28 at 5:30 at Steak and Shake on  
South Neil

Nikki Hillier  
Health Educator II  
Champaign-Urbana Public Health District  
217/531-2914  
[nhillier@cuphd.org](mailto:nhillier@cuphd.org)

