



Would you like to live Tobacco Free?

LETTING GO!

Learning to Live Tobacco Free...TOGETHER!

This unique program is for anyone at any place in the quitting process that needs some support or has some support to give.

Tuesdays

5:30 - 6:30pm

**Champaign-Urbana Public
Health District**

- ***Gain Tools Needed to Quit Smoking***
- ***Develop an Individualized Plan to Quit***
- ***Prepare for Trigger Situations***
- ***Celebrate Successes with Other Quitters***
- ***Discuss Cessation Aids and Options***

NOTE: Participants may be eligible for cessation aids.

**For more information:
call Trisha at 531-2915**



**TOGETHER...
Anything is Possible!**



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

www.c-uphd.org