



SoundCommunityServices

TOBACCO CESSATION GROUP

Located in the lower level in the
OASIS main room

Are you ready to QUIT smoking?

- Want to become tobacco-free but don't know where to start?
- Have you tried to quit in the past but had difficulty?
- Are you looking for support and want to learn new skills in a judgment-free setting?

Join Tobacco-Free LLHD, a 7-week program to help you become tobacco-free! This program is FREE and includes FREE nicotine replacement therapy.

Information Session: August 5th, 10:15 AM - 11:15 AM

First Session: August 12th, 10:15 AM - 11:15 AM

For more information, call Phill Steffens at 860-439-6490

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In Partnership with



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