

MOTION HAPPINESS RELAXATION HAPPY LIVING SPIRIT MUSCLE
 CHEERFUL FIT NATURE ENERGY ACTIVITY
 SCIENCE MUSCLE LIVING POSITIVE BODY

QUIT SMOKING



SELF-CARE ENERGY PHYSICAL MEDICAL SCIENCE LIFESTYLE HEALTHY SPIRIT POSITIVE RUNNING NUTRITION ENJOYMENT POSITIVE HYGIENE MEDICINE CARE HEALTHCARE MENTAL WELLNESS WELLBEING SPIRIT POSITIVE BODY FIT RELAXED DIETING MEDICAL LIFESTYLE SCIENCE CHEERFUL POSITIVE

FREE FOUR WEEK PROGRAM!

OCTOBER 23, 2017 2:30PM-4:30PM - GREENE COUNTY PUBLIC LIBRARY

OCTOBER 30, 2017 2:30PM-4:30PM - GREENE COUNTY PUBLIC LIBRARY

NOVEMBER 6, 2017 2:30PM-4:30PM - TOWARD INDEPENDENCE AT THE COFFEE HUB

NOVEMBER 13, 2017 2:30PM-4:30PM - GREENE COUNTY PUBLIC LIBRARY

LIFT (Living Independent from Tobacco) is a proven four week smoking cessation program. You will leave the class knowing why smoking is bad for you, how to manage your addiction, preventing relapses and clear steps to a lifestyle change. Please make sure to bring your support staff if supports are needed. If you or a loved one is addicted to tobacco, please join us for this amazing course. Begin your new smoke-free life today!

TO REGISTER, PLEASE CONTACT LARYSSA INGEBO AT:

LARYSSA-INGEBO@TI-INC.ORG

(937)414-3079

Brought to you by:

