

Overcoming Tobacco Addiction

Tobacco use is the leading cause of preventable death and disease in the United States. Quitting is hard, but it is possible. We can help you navigate the road from tobacco addiction to FREEDOM!

FREE!

In this class you will:

- Explore your reasons for quitting
- Create a personal plan to kick your addiction
- Discover your strengths
- Make small but effective goals
- Identify your triggers
- Learn how to deal with cravings

Evergreen

Jefferson Center for Mental Health
31207 Keats Way, #202

Thursday, 10:00 - 11:00 a.m.
October 13, 27; November 3, 10;
December 8, 22

Black Hawk

Gilpin County Public Health
101 Norton Drive

Thursday, 1:00 - 2:00 p.m.
October 13, 27; November 3, 10;
December 8, 22

Idaho Springs

Jacob House
115 15th Street

Thursday, 4:00 - 5:00 p.m.
October 13, 27; November 3, 10;
December 8, 22



Jefferson Center
for mental health

wellness now!

www.wellnessnowjcmh.org

To register, call 303-432-5564 • Registration is required
Peggy Sarcomo, CHES, GTTS • Becky West, MEd, CWC