



EVERY MONDAY
7:00-8:30 PM

TOBACCO FREE SUPPORT GROUP

Jackson County Be Tobacco Free

FREE - Peer lead support group for those who want to continue being tobacco free or have a desire to be tobacco free. Bring your questions and ideas. We will discuss what works what doesn't. Feel free to share your thoughts and feelings in a safe and confidential space.



HEALTH
IMPROVEMENT ORGANIZATION



**Self-help support
to deal with
cravings, urges,
triggers**

**New to quitting,
just starting, need
a boost along your
path?**

**Tobacco free and
want to support
others?**

Slip? Relapse?

**JACKSON DISTRICT
LIBRARY**

CARNEGIE LIBRARY

244 W. Michigan Ave.
Jackson, MI 49201

Questions?
517-205-7495
Every Monday

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