



Shasta Community Health Center  
a *californiahealth+* center



# QUIT NIC

L I V E   N I C O T I N E   F R E E

**Nicotine recovery  
is possible!**

**Quit Nic is a free  
workshop for anyone  
interested in reducing or  
stopping their nicotine  
or tobacco use.**

- Develop a healthy living plan
- Find alternatives to nicotine
- Cope with cravings before they strike
- Learn problem-solving tools and social support

**Wednesdays  
1:00PM-3:00PM**

January 8th - 29th  
Shasta Community Health Center  
1035 Placer Street Redding, CA 96001

**Contact us for more information and to reserve your spot!**



(530) 229-5115



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