



Shasta Community Health Center
a *california health+* 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**

Mondays

1:00PM - 3:00PM

April 1-22, 2024

Anderson Family Health & Dental Center
2965 East St., Anderson

Contact us for more information and to reserve your spot!



(530) 229-5115



patiented@shastahealth.org