



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**

Tuesdays

1:00PM - 3:00PM

September 10th - October 1st
Shasta Community Health Center: Enterprise
1201 Industrial St. Redding, CA 96002

Contact us for more information and to reserve your spot!



(530) 229-5115



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