



Tobacco Group

TUESDAYS, 2:30 – 4:00PM

October 18TH, October 25TH, November 1ST,
November 8TH, November 15TH, November 22ND

Conference Room C

Tobacco Group is a **FREE** interactive workshop that takes place once a week for six weeks. Tobacco Group will teach you self-management skills to build confidence to improve the ability to cut down or quit tobacco.



To Register Contact:
Steph Gans 919-956-4526
Serena Wilson 919-956-4192

Use
Tobacco?

Do you Smoke?

Use Dip or Chew?

Want to Cut Down or
Quit ?

Learn how to:
Manage Cravings
Explore Quit Methods
Cope with Stress

LINCOLN COMMUNITY
HEALTH CENTER
Location:
1301 Fayetteville Street,
Durham, NC 27717
1st floor, Room C