

Lunch & Learn: Tips to Quit



Join us for **Great American Smoke Out Day!** If you are thinking of quitting or trying to quit or know someone that is, this is for you! We'll explore how tobacco and nicotine affect the body, discuss strategies to quit and identify tips to help you stay on track with your tobacco free goals.

Capitol Square Healthcare Conference Room

Thursday November 16, 2017

12:00-12:30pm

Register early, limited spots available! To register contact Coach Lou at 844-342-1791 x 8578 or lwinterling@activehealth.net



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