

# HEALTHY LIVING & TOBACCO EDUCATION

A 12-week Peer-to-Peer Support  
Group for smokers and ex-smokers



**Tuesdays beginning August 29nd**

**1:30 PM – 2:30 PM**

**TBHS Training Center Door #3**

**129 E. Burnside**

- Learn what big tobacco companies do not want you to know
- Learn new ways to improve diet, physical activity, and manage stress
- Learn how to identify triggers and coping strategies to deal with them
- Learn the safest and most effective ways to quit when you are ready
- Learn how smoking affects your medications and your physical health
- Learn how to give and receive support from others who are struggling

**For those who are prepared to quit smoking or  
who are simply contemplating quitting in the future**



For more information please call:  
Dee Pastor, Peer Wellness Coach  
989-673-6191 or 1-800-462-6814  
[www.tbhsonline.com](http://www.tbhsonline.com)

