

Want to be

T**BACCO**

Free?



Feel & Look Better Now!

**Learn simple steps to reduce/eliminate tobacco use
in your life.**

The Tobacco Cessation Program is a 6 session program that provides education, support, encouragement, and accountability for anyone interested in eliminating tobacco use. The coaching program focuses on education and resources to help an individual create a quit plan that meets the individual's needs.

**When you finish, you could earn
up to 150 wellness activity points!**

**Contact Nikki Hiebing at 547-4210, ext 118 today or by
emailing nhiebing@interrahealth.com**