

# Tobacco Recovery

## Self-Management Workshop

**Live  
Tobacco  
FREE**

FREE workshop for anyone interested  
seeking recovery from tobacco.

All Welcome, ready to quit or not!

### We will talk about:

- Develop a healthy living plan
- Practical advice & activities to promote alternatives to tobacco
- Ways to cope with cravings before they strike
- Problem-solving tools and social support
- Information about other options like Nicotine Replacement Therapy and prescriptions like CHANTIX and Zyban

**\$20  
Gift Card!**  
*Call for details.*

### Shasta Community Health Center

1035 Placer St. Redding, CA 96001

- Each workshop is 2 hrs/week for 6 weeks.
- Workshops start several times throughout the year.
- Also available in Anderson & Shasta Lake City.



Sign-Up Using Your  
Mobile Device

### For More Information:

(530) 229-5115

[www.shastahealth.org](http://www.shastahealth.org)