



Get Over Tobacco
Taking Control with Power

You have been struggling to gain recovery from nicotine.
I care about you . . . I can help you quit . . . Start Living!
Come to “Let’s Begin to Quit” on _____
I’ll meet you there . . .
Where _____
Contact: _____

Are you Dependent on Nicotine?



Get Over Tobacco
Taking Control with Power

Learn how to quit with friendly support and proven strategies . . .
You can't afford not to . . . “Let's Begin to Quit”
Come to _____
When _____ I'll be there with you!
Contact: _____



Get Over Tobacco
Taking Control with Power

Have you been thinking about quitting?
Now's the time . . .
And help is here! You are invited to attend a workshop to
learn how, with supporters who want to be your mentors.
Come to “Let's Begin to Quit” on _____
Where: _____
Contact: _____