



Get Over Tobacco

Taking Control with Power

Do You Know Someone Who is Ready to Quit Smoking (or Chewing) Tobacco, Vaping?

Individual Coaching Plan

Participant accesses **Taking Control** at website and follows the Plan alone on his/her own schedule

www.LivingSmart.Live

and

Group Support Plan

Organize a workshop led by mentoring volunteers from your church or helping organization to support participants in **Taking Control**. See how at

www.LivingSmart.Live

Invite that Person to Engage in the Let's Begin to Quit Workshop

Contract with Them to Be a Mentor

Sign Up Now

Workshop Date: _____

Time: _____

Location: _____

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