

Healthy Campus

Quit Yet!

It's time
to quit
Tobacco!
Not the Job

Ask me "How"

Go to www.nadaindia.info to learn more about us



Join me! I successfully kicked the habit three decades ago, and I'm here to support those hoping to do the same.

Quit Yet: Ask me How
9810258071

Healthy Campus

CONNECT

EMPOWER

REVITALIZE

DO NOT WALK
ALONE

WALK WITH A LIFE COACH



QUITTING BECOMES MUCH EASIER WHEN YOU HAVE SOMEONE BY YOUR SIDE TO GUIDE YOU ALONG YOUR JOURNEY. WE OFFER A BEHAVIOR MANAGEMENT PROGRAM TO SUPPORT YOU.

**For workshop inquiries, please contact
nadaindia@gmail.com.**

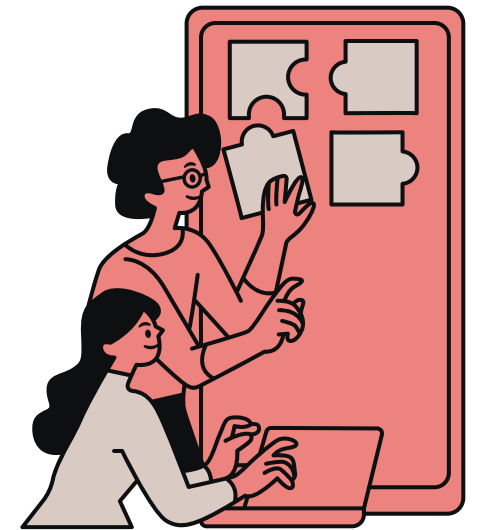
FIVE SKILLS TO IMPROVE YOUR HEALTH

QUITTING TOBACCO OR SUPPORTING SOMEONE?

1

Meaningful engagement

My Journey: Mastering the Art of Asking Questions



2

Emotional connect

Learn to Listen: Embracing Your Emotions is the First Step Toward Better Mental Health.

3

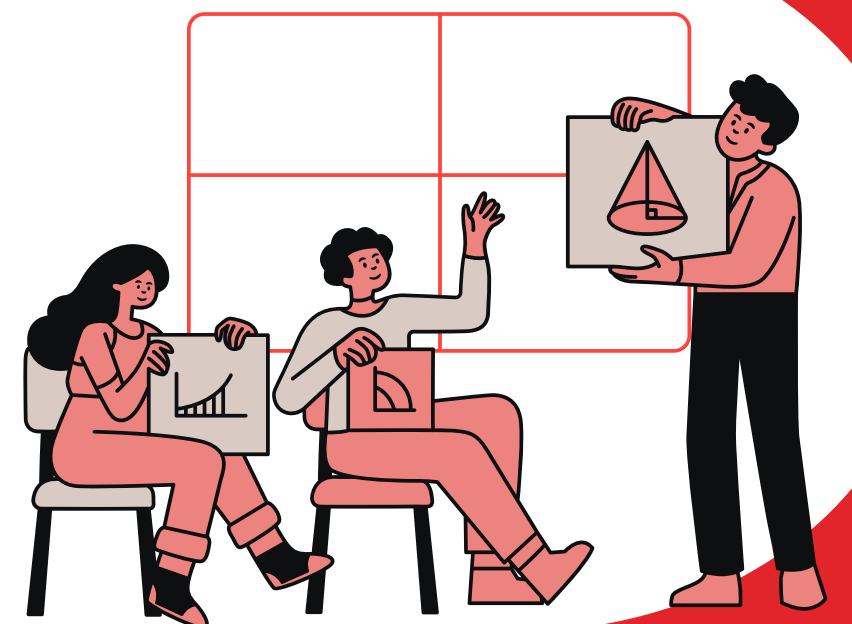
Support

Discover how to seek strength-based support while also providing it to others.

4

Empowerment

Nurture your confidence to manage cravings by forging a deep connection with your authentic self.



5

Support others

Can we find ways where we can be together so neither of us feel alone..

