



Community Health Network

Is it time to live tobacco free?

We have a **FREE** virtual group designed just for you!

Led by highly skilled clinicians, including:

- **Clinical Psychologist/Behavioral Health Consultants:** Help you change behaviors surrounding tobacco use by identifying triggers and work on problem solving barriers to quitting
- **Clinical Pharmacists:** Provide education about various medication options that are available to help when quitting tobacco

Topics include:

- Avoiding withdrawal symptoms and managing triggers
- Effective strategies to prepare to quit
- Impact of nicotine on the brain and body
- Health benefits of quitting

Every Tuesday from 1-2 pm via Zoom Health

For ALL tobacco users including: cigarettes, e-cigarettes (vaping), smokeless tobacco, hookah, cigarillos, and cigars

Ready to sign up?

Call 317-497-2427 and leave a message with your name, date of birth, and interest in the program