

Are you thinking
about becoming
independent from
tobacco use?

Celebrate the Effort

A community
education program that will
help prepare smokers to take the
first steps to quitting.

You will learn about...

- ⊗ The risk of smoking
- ⊗ Secondhand smoke and children
- ⊗ Information on the benefits of quitting
- ⊗ The motivation to quit
- ⊗ How to make a successful plan for quitting
- ⊗ How to use the Nicotine Replacement
Therapy products for quitting

Take the First Steps

For more information contact DeBorah Borden
at (734) 544-6874 or by email
at bordend@ewashtenaw.org.