

Want to **quit smoking**, but don't know where to start?

Join us for a ThriveOn webinar that will provide helpful ways to stop smoking and help you choose an approach that best suits your personality and lifestyle.

Program Highlights:

- ◆ Learn factual information about the hazards of smoking and the benefits of quitting.
- ◆ Explore practical tips and activities that will prepare you to begin a smoking cessation program.
- ◆ Understand the stages of the quitting process and identify your present stage.
- ◆ Learn which smoking cessation techniques are demonstrated as the most effective by current research.
- ◆ Make a personal plan to stop smoking.

Tuesday, November 17th from 11:00am—12:00pm

-or-

Thursday, November 19th from 12:00pm—1:00pm

To Register, email: ThriveOn@FranklinCountyOhio.gov

*Choose the date and time that works best for you. Registration is required to receive the link to access the webinar.
You can access the webinar from any computer during the program time you register for.*