

*Thinking about*  
**QUITTING TOBACCO?**



*Join us for*  
**Getting Ready to Quit**

*A **FREE** workshop for people who are thinking about quitting and want more information and support to help them be successful.*

**This workshop will help you:**

- ✓ Take a new look at how nicotine and smoking keep you hooked.
- ✓ Explore new approaches to quitting that may increase your success.
- ✓ Put together a personally tailored plan for yourself.
- ✓ Identify other resources and services to help you quit.

*When:* **Tuesday, December 8, 2015**  
**5:00 to 6:30 pm** (snacks provided)

*Location:* Loaves & Fishes Community Kitchen  
545 Chicago Creek Road, Idaho Springs, CO 80452

*Questions:* Contact Laura Robertson, Health Educator  
Clear Creek County Public and Environmental Health (CCCPEH)  
**303-670-7539** or [lrobertson@co.clear-creek.co.us](mailto:lrobertson@co.clear-creek.co.us)

*To Sign Up:* Contact Laura at CCCPEH, visit [bit.ly/GettingReadyToQuit](http://bit.ly/GettingReadyToQuit),  
ask Abby or Ronda at Loaves & Fishes ...or just show up!