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# *Freedom*



# from Tobacco

If you are a tobacco user, the single most effective way to enhance your health, quality of life and positively affect your pocketbook is to quit using.

Jefferson Center for Mental Health is offering consumers group support at three locations and times this fall to help build your motivation for quitting, set reachable quit goals, and learn skills to help you become tobacco free.

<b>Summit Center:</b>	<b>Mondays, 10:30-11:30, Jan 4 thru Mar. 29</b>
<b>Wellness on Wadsworth:</b>	<b>Tuesdays, 4:30-5:30, Jan 5 thru Mar. 30</b>
<b>Cedar:</b>	<b>Thursdays, 9-9:45, Jan 7 thru Mar. 25</b>

## **Just Curious?**

We also will be offering weekly drop in hours at West Colfax and Independence. Just drop by with any questions or requests you may have about quitting smoking.

<b>West Colfax, Group room 2:</b>	<b>Wednesdays, 4-5, Jan 6- Mar. 31</b>
<b>Independence, Green Mountain:</b>	<b>Wednesdays, 11-12, Jan 6- Mar.31</b>

*wellness*now!

*Questions and Registration: 303.423.2261*

