

Ready to quit tobacco? Vaping?



Now is the perfect time!

Join a free support group and get:

- Weekly meetings.
- Flexible scheduling.
- Help from a Tobacco Treatment Specialist trained by Mayo Clinic.
- Free snacks!

Saturday, April 8 at 5 p.m.

Eastside Family Resource Center
3569 E. Roosevelt Ave., Tacoma

Questions?

Email Raichled Dunkeld at
raichled.dunkeld@gmail.com.

**Meet other
people who
want to quit.
We're stronger
together!**

You're twice as likely to stay quit when you use resources and professional support.



Tacoma-Pierce County

Health Department

Healthy People in Healthy Communities