

SUPPORT GROUP FOR TOBACCO RECOVERY

THURSDAYS FROM 5:00PM - 6:15PM



Recover From Tobacco



No prerequisites, no prior experience, no requirements!

Sequoia Conference Room
1100 San Leandro Blvd., San Leandro CA 1 block from San Leandro BART Station

DISCUSSION TOPICS INCLUDE:

1. Your relationship with tobacco
2. Self-care and stress relief
3. Your body and tobacco
4. Medicines that can help
5. Protecting your wellness and recovery
6. The New You: What's Next?

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Collaboration between Lifelong's East Bay Community Recovery Project and Alameda County Tobacco Control Program



**Public Health
Department**
Alameda County Health



**Behavioral Health
Department**
Alameda County Health