



The decision to quit smoking can have a positive impact on your health. It can even help your financial situation as the cost of smoking cigarettes rises. While important to acknowledge, merely expressing your desire to leave cigarettes alone, WON'T provide results. Sometimes being around people that share your struggle can empower you to stick to your goals and succeed. A support group can help you connect with others that know how hard it can be to combat nicotine cravings. You are more than welcome to bring a friend or family member with you for support. I understand everyone's schedules are different and seem hectic, especially this time of the year. Let this year be the New Year New You!

Please contact me at your earliest convenience if you are interested in a group or individual session. Once we have a list of participants we will set a date and **GET THE PARTY STARTED!!!!**

I look forward to hearing from you.

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