

HELPING TEENS SAY GOODBYE TO TOBACCO



NOT ON TOBACCO® (N-O-T)

Free, 5-week education program that encourages **voluntary change** for youth ages 14 to 19.

What is N-O-T?

Not on Tobacco® (N-O-T) seeks to **address adolescent tobacco use** by giving all teens the resources they need to break nicotine dependency and find healthier outlets.

Receive incentives for participating!

New session forming soon!
REGISTER TODAY!

To register:
Call 586.541.2273 or visit www.careofsem.com

Program developed by the American Lung Association

