

Join us to discuss **TOBACCO-FREE LIVING**



Imagine it...

You will have:

- ✓ More energy
- ✓ More money
- ✓ More fun

Southwood Square Community Center

26224 106th PL SE Kent, WA 98030

Wednesdays:

December 21st, 28th, January 4th

January 11th 4:30-5:30

Come and join our support group and learn how possible it is! For FREE!

4 SESSIONS – Free

- great incentives at every session – free prizes, organic food, gift cards!
- nutritious food to take home!
- tons of information!
- delicious refreshments each session – learn nutrition tips, easy recipes
- supportive environment
- **Must complete all sessions to get gift card**

Call Natalie 206 450 -7331

(What's an hour of your time when you get food to take home?)