

Of Living Free Tobacco Support Group

Sponsored by: Dartmouth-Hitchcock Tobacco Treatment Clinic

This group is for anyone **who has quit tobacco or is considering quitting tobacco.**

We can help you!

Wednesday, December 9th

Mary Choate, MS, Registered and Licensed Dietician. She is the Food and Nutrition Educator at the Co-op Food Stores in Hanover and Lebanon, NH

"You Can Feel Great – with Healthy Lungs and a Healthy Weight"

Eating well and moving more before you quit smoking is the best way to hold back weight gain after you quit smoking. Participants will learn easy, effective strategies for planning snacks, preparing quick meals and moving more – all keys to health and a healthy weight.

FREE & Informal group will meet on the second Wednesday of each month

5:30 to 6:30 p.m. in the DHMC Health Education Center Level 4 East Mall

**Please join us or call 603-653-9456 to register
Drop-ins welcome!**