Free event to help you quit using tobacco

Thursday November 15

11 AM - 1 PM

Carver Recreation Center
Jefferson School City Center

233 4th Street NW, Charlottesville

Plenty of parking available.
No registration needed.
For questions call (434) 270-4058

Drop in anytime during this FREE event!

Free food, coffee, door prizes, and more!

Get personalized help with quitting tobacco & creating a quit plan.

Receive a survival toolkit with items to help you quit.

Free activities include:

- Massages
- Ear-point Acupuncture (arrive between 11am-12:40pm)
- Blood Pressure Checks
- Stress Reduction
- and more!

Former smokers are encouraged to come out and show your support!