



Flexible delivery options sign up today for the next session.

There's a Freedom From Smoking option for everyone who smokes, vapes, or chews and they are all FREE. Join us online or in a small in-person group setting.

Five-week program gives participants time to prepare to quit and practice being smoke free in a supportive environment. Next session starts October 21, 2021 and meets Thursday's from 2:00 pm to 3:00 pm at the Tucson Indian Center, 160 N. Stone Avenue.



Register by calling or just scan the QR code & go to <https://www.surveymonkey.com/r/AirlsSacred>



Call for more information:

Angela Montiel, Youth & Community Health Educator
520 884-7131, amontiel@ticenter.org

If you need after hours support you can call the American Lung Association free lung helpline and tobacco quit line:
1-800-LUNG-USA
(1-800-586-4872)