



**Quit
Nicotine/Smoking
Blue Ridge Program**

**FREE support for those who want to quit tobacco!
Anyone is welcome to join anytime.**

*For Residents of
Charlottesville, Albemarle, Fluvanna,
Greene, Louisa, and Nelson Counties*

**Every Wednesday
5:30 - 6:30 PM
September 20 through October 25**

**Virtual—Zoom Conferencing
Contact Scott Mein at scottrmein@gmail.com
to receive the link to participate**

**Learn about and experience
strategies for quitting, such as:
Medication Options, Acupuncture,
Stress Reduction, Nutrition, and more!**



Questions? Call Scott Mein at 862-432-0490 or scottrmein@gmail.com