



**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 21 through October 26**

**Virtual—Zoom Conferencing  
Contact Scott Mein at [scottrmein@gmail.com](mailto: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](mailto:scottrmein@gmail.com)**