

# Smoking Cessation Support Group

*You don't have to quit to join!*

Are you interested in cutting down on the  
cigarettes you smoke, or in  
joining a group to learn more?

**When:** Thursdays starting 10/08/09

**Time:** 11 am-Noon

**Location:** Arapahoe Douglas

Mental Health Network

5500 S. Sycamore, Littleton

2nd floor day program

**Group Leader:** Susan Andracki

**Cost:** *Free* for persons already open to  
the mental health center



**You can cut down or quit! — Share experiences,  
get tips and tools, and find support.**

For more information about the Smoking Cessation Program contact  
Alicia Nix at 720.490.4422