



Smoking Cessation

Presented by: Dr. Mai Kindaichi & Niasha John

This session is in honor of “Kick Butts Day”, now known as “Take Down Tobacco Day”, and “No Smoking Day”. Kick Butts Day is a national day of activism that empowers youth to speak up and seize control against Big Tobacco. This day is also used to raise awareness in their communities about the problems associated with tobacco use. No Smoking Day aims to bring awareness to the dangers of this nicotine addiction. The day also spotlights resources available to help people decide to quit.

This session will discuss Nicotine use methods such as cigarettes, cigars, vaping, chewing, and the harm related when using these products. We will discuss benefits to smoking cessation and the resources that are available in our community.

Thursday, March 25th, 2021 from 6:00 – 6:30 pm

Click Here to Register

<https://www.eventbrite.com/e/smoking-cessation-tickets-146704770919>