

Welcome to the Healthy Living Group

This group has been especially designed for you to look at ways you could improve your life by learning more about healthy living. We will talk about general topics such as proper nutrition, exercise and ways to deal with stress, as well as look at how your current use of tobacco affects you and the people around you.

This group will give you an opportunity to discuss your feelings about why you smoke and whether or not you may want to try to quit. It is very common for people to have mixed feelings about their smoking. Our goal is to provide you with the facts about what is in the cigarettes that you smoke and how it may impact your health. We know that the tobacco industry tries to mislead you by the billions of dollars they spend in advertising.

You have a right to make educated decisions about how you choose to live your life and learn new things you may want to do to improve it. Participating in this group will give you an opportunity to share your thoughts or questions with other group members and learn from each other.

We encourage you to attend each group!