

# Overcoming Nicotine Addiction

7-sessions with group discussions,  
workbooks and multimedia

**QUIT NOW!**  
**It's Your Choice.**

With Presenter, Lionel Hartley

Preparing to stop - *Choosing why, how, and when to quit*

Stopping - *Giving tobacco away*  
- *Learning to be a non-smoker*

Staying stopped - *Remaining a non-smoker*

This seminar is internet listed at [www.geocities.com/info\\_seminars](http://www.geocities.com/info_seminars)

