



**Counseling
And
Recovery
Services**

DID YOU KNOW...

- Quitting smoking increases likelihood of **long-term recovery by 25%**
 - Become addicted to one, likely to become addicted to the other
- Smoking may **increase** long-term pain
- Nicotine and opioid addictions are **mutually reinforcing**
- Tobacco use leads to **17 different types of cancer**

Breathe a sigh of relief

Talk to your counselor about how you can get free nicotine replacement therapy and individualized support to help you quit smoking.



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TOBACCO FREE INSIDE & OUT!

SMOKING, VAPING, AND THE USE OF SMOKELESS TOBACCO PRODUCTS
ARE PROHIBITED WHILE ON THE PROPERTY, INCLUDING OUTDOOR AREAS.

WE APPRECIATE YOUR COOPERATION!



DID YOU KNOW...

**COUNSELING AND
RECOVERY SERVICES,
ITS ENTIRE CAMPUS, GROUNDS,
AND PARKING LOTS**

BECOME TOBACCO FREE

SEPTEMBER 1, 2019