



Bienvenidos Outreach, Inc.

Caring for the Community

- ☐ Have you ever tried quitting smoking?
- ☐ Are you embarrassed about your smoking?
- ☐ Does your smoking cause health problems?
- ☐ Does your smoking cause problems at home or work?
- ☐ Has your doctor said to quit smoking?
- ☐ Are you tired of tobacco controlling your life?
- ☐ Do you really want to quit smoking?
- ☐ Are you concerned for your loved ones because of your smoking?

Three - Month Tobacco Cessation Program-

Reserve your space today!

We Can help people who use any tobacco products to include:

Cigarettes and cigars.

Smokeless Chewing tobacco and pouches.

E-cigarettes and nicotine vaping products.

REASONS TO QUIT

- Your children will be healthier and may be less likely to start smoking themselves.
- Your sense of smell will return and the food you eat will taste better.
- You will save money: A pack a day equals over \$2,000 a year!

Reasons to come see us!

Within 20 minutes of quitting: Your blood pressure and heart rate return to normal.

Within 2 weeks to 3 months of quitting: your circulation improves, and your lung function increases.

Within 1 to 9 months of quitting: Coughing and shortness of breath decreases.

What can I expect?

Receiving evidence-based treatment

Meeting with trained Cessation Tobacco Specialists

Learn about tools that can help you to quit

Answer your questions about new nicotine products like e-cigarettes and pouches

One-On-one-support

Group Support

Nicotine medicines (patch, gum, lozenge)