

Mindful Smoking® *A key to becoming Tobacco Free!*

If the following statement applies to you or someone you love and worry about; call

360.334.2626



Join the Tobacco Free Club!



My heart's desire is to be Tobacco-Free!

But not in the next 30 days!

Who is Mindful Smoking for?

- Individuals who smoke
- The people who love and worry about them
- The people they work for - employers
- The people who support them - sponsors
- The professionals who work with them
- The companies who insure them

Grace On You, LLC

*Through the years I have been in this substance use field I have witnessed many changes. For me this field began with ATOD – Alcohol, **Tobacco** and Other Drugs and somewhere along the way Tobacco was mysteriously dropped off. I became curious – How could the drug that causes more deaths than all of the other drugs combined be eliminated just like that? Could it be that it only cost 6 pennies to make a pack of cigarettes? One fact remains the same throughout all of the changes and that is that **tobacco use kills**. *If you or your loved one are not ready to quit consider the harm reduction Mindful Smoking® alternative!**

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Mindful Smoking® by My Grace Filled Life after Addiction Grace On You, LLC

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