



## Learn about Healthy Living *Tobacco and You*

The goal of this group is for consumers to gain knowledge and insight to help them consider moving toward a tobacco-free lifestyle. Participants will also learn about other issues related to healthy living such as nutrition, physical activity, and stress management. This group can be joined at any time.

**Dates:** Fridays, January 22– April 29, 2016 (15 weeks)

**Time:** 2:00-3:00 pm

**Location:** Friends for Recovery Center,  
2720 W. Genesee Ave, Saginaw, MI

This group is limited to adult consumers of mental health services who are Friends for Recovery Center (FFRC) participants.

To learn about becoming a participant of FFRC, contact your case manager or go to :  
<https://www.sccmha.org/healthcare-partnerships/wellness/friends-for-recovery-center.html>

### Questions about this group?

Contact Mary Baukus at (989) 272-7228.

### Questions about FFRC?

Contact Miley Stuller at (989) 401-7587

