



## NOT ON TOBACCO® (N-O-T)

**Free, 5-week education program** that encourages **voluntary change** for youth ages 14 to 19.

### What is N-O-T?

Not on Tobacco® (N-O-T) seeks to **address adolescent tobacco use** by giving all teens the resources they need to break nicotine dependency and find healthier outlets.

Receive incentives for participating!

New session forming soon!  
**REGISTER TODAY!**

To register:  
Call 586.541.2273 or visit [www.careofsem.com](http://www.careofsem.com)

*Program developed by the American Lung Association*

