

LIFT: Living Independent From Tobacco



**Living Independent
From Tobacco**



Huron County



Public Health



What: LIFT is an 8-session program offered over 4 weeks (2 sessions per week) with follow up sessions at 4 weeks and 6 months. This program is part of an evaluation study being performed by the Ohio State University Nisonger Center and the University of Cincinnati University Center for Excellence in Developmental Disabilities (UC UCEDD). Participants agree to be part of the evaluation study.

Who: Adults (age 18 and above) with disabilities (sensory, physical, learning, developmental) who are their own legal guardian.

Where: Huron County Board of DD
306 South Norwalk Road, West
Norwalk, OH 44857

When: Mondays & Wednesdays 1—2 pm.
Classes start **Monday**, October 15, 2018!

Incentives: Participants will receive a total of \$50 for attending the workshops and support group meetings.

Details: For more information and to see if you are eligible please contact

Carla Rospert: 419-668-8840 EXT 1444