

## Engage With Age

Engage with Age is a two-year partnership, initiated and funded by Southminster, in collaboration with UNC Charlotte and the Renaissance West Community Initiative to help decrease social isolation among elders in community and increase opportunities for intergenerational engagement.

## Be Tobacco Free Series

**Must Pre-Register by Wednesday,  
September 11th, 2019  
LUNCH IS INCLUDED**

The Be Tobacco Free series is a set of **three classes** presented by Atrium Health that will educate you on how to stop using tobacco based products and promote a healthier lifestyle. These classes will focus on receiving the right support and techniques in quitting tobacco use and staying tobacco free.

Topics will include:

- Preparing to Quit
- Understanding different ways to quit
  - Coping with tobacco urges
- Staying tobacco-free once you have reached your personal goal



**WHERE:**

*The Main Floor Library at The Retreat  
3240 New Renaissance Way*

**WHEN:**

*Monday, September 16th, 2019  
Monday, September 23rd, 2019  
Monday, September 30th, 2019*

**TIME:**

*11:00am—12:30pm*

*Pre-Register at the Engage With Age  
Program Line!  
704-714-3800*



**Atrium Health**

# *Engage with Age Program*

