



# IT'S YOUR TIME QUIT

*lunch & learn*



## WHAT WE ARE LEARNING:

- The effects of nicotine on our brains and bodies
- Discuss what nicotine addiction is
- Nicotine withdrawal and what it looks like
- Traditional cigarettes vs vapes
- How big tobacco hooks and reels us in
- Quitting strategies and resources



## WHAT TO KNOW:

Lunch will be provided. We will also have a demonstration of how nicotine products impact our physical health.

## WHEN AND WHERE

Thursday, April 25, 2024  
@ 11 am. We will be at 600  
Chickasaw Place, Franklin, TN 37064



## CONTACT

Tena Payne, B.S., M.S., HCCP  
Director of Housing Services  
615-794-1247, ext. 212  
[tpayne@franklinhousingauthority.com](mailto:tpayne@franklinhousingauthority.com)