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## **Gain Independence from Tobacco (GIFT)**

Date and Time

Weekly on Monday at 6:00pm for 13 times

Event URL

[Augusta Health](#)

Event Region

Harrisonburg/Staunton/Lexington

Event Type

Workshop

RSVP Info

Dana Breeding @ 540 332 4988

Event Description

The GIFT program is provided by a certified tobacco treatment specialist. Evidence-based guidelines and recommendations are given on an individual basis. Don't let fear keep you from quitting. Begin your journey to stop smoking/stop using smokeless tobacco.