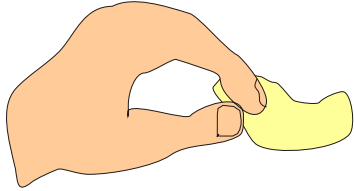




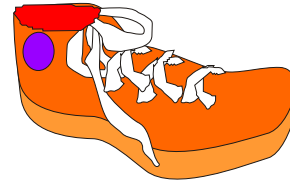
This information is provided by The Community Health Centers of Arkansas, Inc.

DON'T GAIN WHILE YOU ARE QUITTING!

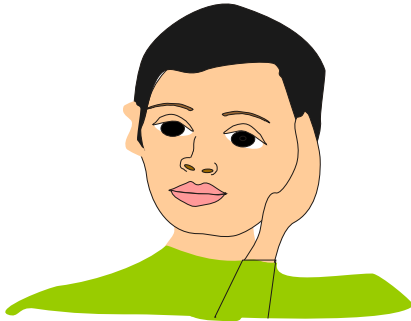
If you feel like smoking..



Instead of eating



Go walking



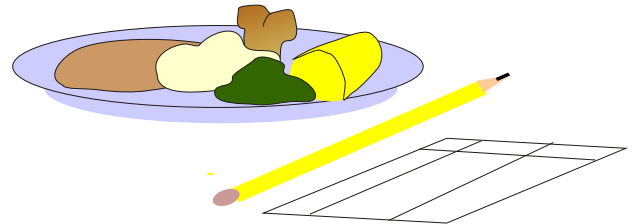
Keeping your thoughts to yourself



call a friend



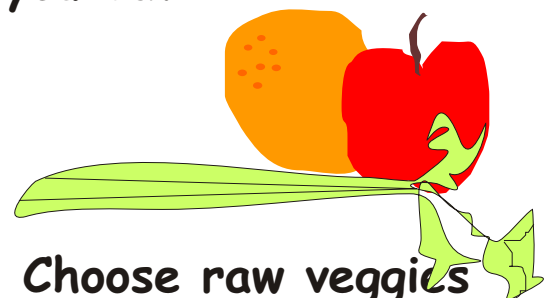
Instead of eating mindlessly



Keep a food record
write down each time
you eat



Instead of snacking on
fried foods and candy



Choose raw veggies
fresh fruits .