

prime for life

Free Community Training

**Session 1: Tuesday, September 18th
4:30PM - 7:00PM**

**Session 2: Wednesday, September 19th
4:30PM - 7:00PM**

**Peabody Memorial Library
162 Main Street, Jonesport**

Upon successful completion of both sessions participants will receive a \$20 Gas card!



**Register online using this link:
<https://goo.gl/forms/v5Le9t0pOCyyivOt1>**

Light Refreshments will be served

One bad choice can change your life. Pause and rethink

Join the Prime For Life Class

It is not a lecture. It is a conversation.

The class provides information that can help adult participants identify and learn ways to protect what they value in life, and learn how alcohol and other drugs can threaten those values.

- * Feel comfortable and understood*
- * Learn how to make low-risk choices*
- * Re-learn healthy behaviors*

**For more information,
contact Terri Woodruff 255-3741
or terri@healthyacadia.org**

*This free program is brought to you by:
The Town of Jonesport*