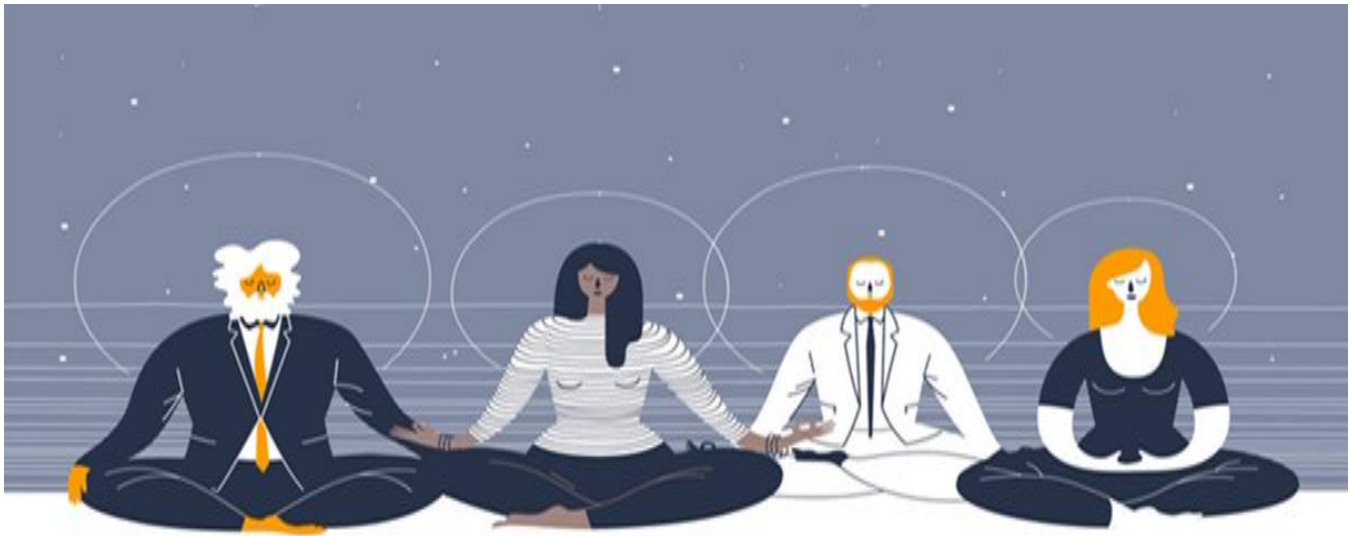


# Mindfulness to Quit Smoking



Are you Hispanic living with HIV and interested in quitting cigarette smoking?

**Come join a 3-month smoking cessation research study and receive:**

1. Mindfulness tools to reduce your stress and improve your quality of life
2. Training to help you quit smoking
3. 6 weeks of nicotine patches at no cost
4. Get paid for your time

**Who can participate?**

1. 18 years and older
2. Hispanic ethnicity
3. Diagnosed with HIV
4. Have smoked cigarettes daily in the past year
5. Interested in making a quit attempt in the next 30 days

Call **NOW** to participate in our research

**Tel:** 305-243-0362

**Text us at:** 786-505-2920

**Email us at:** [smokingresearchstudies@gmail.com](mailto:smokingresearchstudies@gmail.com)

