

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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September Spotlight: Tobacco and nicotine cessation

This month, we're highlighting information about tobacco and nicotine cessation. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about tobacco and nicotine cessation from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, select the **ES** icon in the top right corner.

- [Benefits of quitting tobacco](#)
- [Beneficios de dejar el tabaco](#)
- [Nicotine replacement therapy](#)
- [Terapia de reemplazo de nicotina](#)

These additional links from other health organizations offer more information about tobacco and nicotine:

- [Smokefree](#)
- [E-cigarettes & vaping](#)
- [quitSTART](#)
- [Using nicotine replacement therapy](#)
- [Managing nicotine withdrawal](#)

Healthy recipes

- [Healthy spinach and artichoke dip](#)
- [Whipped fresh herb cheese](#)
- [Grilled fruit kebabs](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[AI for better health](#)

Artificial intelligence could help you eat better, move more or improve your mental health.

[Ease in and out of exercise](#)

Learn how to warm up before you work out — and cool down afterward.

[Follow the rainbow](#)

Eat a mix of colorful fruits and veggies to get a variety of nutrients.

Find the entire [Summer](#) issue [here!](#)

Mental health awareness

September is National Suicide Prevention Month. If you or someone you know is dealing with mental health struggles, emotional distress, alcohol or drug use concerns — or just needs someone to talk to — the counselors at the [988 Suicide and Crisis Lifeline](#) are available to chat and offer judgement-free care 24/7/365.