



**REMINDER:**  
Our offices will be closed on  
Monday, October 8<sup>th</sup> in observance of  
Columbus Day



## *Granbury Housing Authority Newsletter* *October 2018*

*From the Executive Director, Julia Richardson*

The [Quarterly Resident Meeting](#) will be held on [Friday, October 19<sup>th</sup>](#) from [2-4 pm](#). An agenda will be delivered a week before the meeting outlining items to be discussed to include upcoming HVAC Filter Changes, Housekeeping & Bedbug Inspections.

We will have a presentation from the Regional Services about secondhand smoke, the HUD Rule



Department of State and Health and Lung Cancer Screening.



The Granbury Housing Authority has partnered with the American Lung Association to bring the Freedom From Smoking program with clinic and online options FREE of charge.

**CONTACT THE OFFICE TODAY FOR MORE INFORMATION & TO SIGN UP,  
CLASSES BEGIN WEEK OF OCTOBER 22<sup>ND</sup> (OPEN TO FRIENDS & FAMILY)**

The clinic option is a small in-person group setting offering personalized attention and peer support.

- Seven week program gives participants time to prepare to quit and practice being smokefree in a supportive environment
- Led by facilitators trained by the American Lung Association

The Freedom From Smoking Plus online option is an innovative new behavior change program that's perfect for today's mobile lifestyles.

- Nine highly-interactive sessions split into three phases: Getting Ready to Quit, Quit Day and Staying Smokefree
- Works on a desktop, tablet or smartphone – anytime, anywhere
- Fully updated with engaged activities, content and tools
- Telephone and online chat support from the American Lung Association's expert tobacco cessation counselors at the Lung HelpLine

**\*\*\* QUARTERLY MEETING & BIRTHDAY CELEBRATION \*\*\***

Don't forget we will be combining the birthday celebration with our meeting.

Please join us on [Friday, October 19, 2018](#) from [2-4 pm](#), for the Quarterly Meeting & Birthday Celebration. Come and enjoy refreshments, interact with your neighbors, get updates on upcoming events and celebrate our August, September & October Birthdays!