



Voices of Nicotine Recovery (VONR)

Gratitude Month Marathon

November 11, 2018

VONR's primary purpose is to offer support to those who are trying to gain freedom from nicotine. We are a "voice" meeting site, meaning that our online meetings take place in a "voice enabled" room. We can literally talk to and hear each other share. We also have a message board for on-going communications, support, and fun throughout the day and night.

JOIN OUR Gratitude Month Marathon FROM 8AM TO 9PM (EDT)

PC and Mac users can go to the Paltalk website at: <http://www.paltalk.com> to download free Paltalk software client, and install it on your PC or Mac computer. Then create an account with a username and password on your own computer. When you click on the Paltalk icon on your desktop, it automatically connects you to Paltalk.

iPhone, iPad, and Droid apps are also available from their respective app stores, for free. Select **Chat Rooms > Health > Overcoming Addiction > Voices of Nicotine Recovery**.

