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### June 2022: A Step Ahead Tri-Cities

College of Graduate and Continuing Studies, East Tennessee State University

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# DID YOU KNOW?

**You can get long-term birth control at no cost to you!**

A Step Ahead TriCities has a mission to remove barriers to long-acting, reversible contraceptives. They will cover the cost for IUDs, implants, and injection birth control methods, including the provider visit and even transportation if you need it!

A Step Ahead can provide these services to most residents of Tennessee. Costs are covered regardless of health insurance or income status. For more information, visit <https://www.asteaheadtricitities.org/>.

**A STEP AHEAD**  
— TRI-CITIES —



**Free Long Term  
Birth Control for the  
Appalachian  
Highlands**

**JUNE 2022**

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*This & That  
for Graduate  
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