

# Want To Quit Tobacco For Good?

Join us for a **FREE virtual Tobacco Cessation Program!**

***Freedom From Smoking® via ZOOM!***

- Enjoy a supportive, science-based, community environment focused on behavior change
- Get assistance in preparing to quit, quitting and not returning to tobacco use
- Re-prioritize other healthy behaviors like stress management, physical activity and healthy eating that support a tobacco-free lifestyle
- FREE Nicotine Replacement Therapy (Patches, gum, lozenges) and the *Freedom From Smoking®* workbook are available to participants

This program is 8 sessions over 7 weeks. Program will be held virtually via ZOOM.

Two programs to choose from in 2022:

**Monday nights at 6:30PM, Starting March 7th**

**OR**

**Wednesday nights at 6:30PM, Starting May 4th**

Each session builds to the next, so attendance is important!

Enrollment is limited. Sign-up Today!

Pre-registration is required. Contact Carolyn Wilson, MPH, CHES, NCTTP, CPS

Email: [carolynwilsonwellness@gmail.com](mailto:carolynwilsonwellness@gmail.com) or call 860 400 2072

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