



Become smoke free...for free!

Hundreds of thousands of people have become tobacco free through the American Lung Association's Freedom From Smoking® Group Clinic which offers a structured, systematic approach to quitting smoking...and right now, the Northeast District Department of Health is offering this eight-week quit smoking program for *FREE!*

Freedom From Smoking Group Quit Program

Wednesdays beginning January 9, 2019

4:00 – 5:30 pm (some classes may run longer)

Northeast District Department of Health

69 South Main Street, Unit 4, Brooklyn, CT

Register by calling (860) 774-7350 x.24 or email Janine Vose, phnurse@nddh.org

Overseen by a certified facilitator, you will learn:

How to know if you're really ready to quit • Medications that can increase your success

(included FREE for 12 weeks if your insurance does not cover it)

Lifestyle changes to make quitting easier • How to prepare for your quit day

Coping strategies for managing stress & avoiding weight gain • How to stay smoke-free for good

Visit Lung.org/ffs for more information about the program. If a group Clinic isn't right for you, please contact Connie Capacchione, Uncas Health District at **860.823.1189 ext. 122** or

c-capacchione@uncashd.org

