

Are You Ready to Quit Smoking?

- Want to become tobacco-free but don't know where to start?
- Have you tried to quit in the past but had difficulty?
- Are you looking for support and want to learn new skills in a judgment-free setting?

Good news: You don't have to do it alone! If you are ready, there is help available.

The American Lung Association's Freedom From Smoking® program is designed to give you the support you need in a comfortable, confidential group setting. Our Tobacco Treatment Specialist has worked with hundreds of people on their journey to becoming tobacco-free.

This program is FREE and includes FREE nicotine replacement therapy.

 TobaccoFreeLLHD  @SmokeFreeLLHD

**Join Tobacco-Free LLHD
A 7-Week program to help
you become tobacco-free!**

Ledge Light Health District
216 Broad Street, New London

2019 Group Programs
January 2, 9, 16, **23 (Quit Day)**, 25*, 30,
February 6, 13
6-8pm
(*48 hour follow up to Quit Day)

**For more information or to register,
Call Carolyn Wilson at
860-446-3062 or
email at cwilson@llhd.org.
Registration is required.**

Can't make it? Individual sessions are
available upon request.

**UNCAS**
HEALTH DISTRICT

**LLHD**
Ledge Light **Health** District

