

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.



The program is supported by the Preventive Health & Health Services Block Grant (PHHSBG), Grant #1NB01OT009192-01-00, from the Centers for Disease Control and Prevention.

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

Ledge Light Health District
216 Broad Street, New London
All sessions are 6-8pm.

2019 Group Programs

Session I:

March 18, 25,

April 1, 8 (Quit Day), 10*, 15, 22, 29

Session II:

May 7, 14, 21, 28 (Quit Day), 30*

June 4, 11, 18

(*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.**

