



Freedom From Smoking®

Quitting smoking is the best thing you can do to improve your health. This evidence-based, eight session program is a proven way to kick the habit.

Session dates:

April 23, 30 • May 7, 14, 16, 21, 28 • June 4
6–8 pm

Backus Outpatient Care Center Conference Room
111 Salem Tpke., Norwich



Connect to healthier.™

Registration is required.

☎ 1.855.HHG.HERE (1.855.442.4373) 🌐 BackusHospital.org/events