



## What you *already* know about smoking:

It's bad for you • It's expensive • It harms others • It seems too hard to quit

## What you *may not* know about *quitting*:

- It's *easier to quit* when you have a good support system
- Lifestyle changes and medications can make quitting easier
- There are strategies for managing stress and avoiding weight gain
- ***Free nicotine replacement therapy up to 12 weeks if not covered by insurance***

The most important thing to know is that ***YOU CAN DO IT.***  
Learn how to stay smoke-free for good. Let's do this *together.*

### Virtual Freedom From Smoking® Group Quit Program

**Tuesdays at 4:00 pm starting August 2nd for 8 weeks via Zoom**

**Register by calling Certified FFS Facilitator/Tobacco Treatment Specialist**

**Janine Vose at the Northeast District Department of Health at**

**(860) 774-7350 x.124 or email at [jvose@nddh.org](mailto:jvose@nddh.org).**



This Freedom From Smoking program is a partnership of NDDH and the Uncas Health District and supported by a Preventive Health & Health Services Block Grant from the Centers for Disease Control and Prevention.