

SAVE UP TO
\$5k PER YEAR

by taking this **FREE** class and saying goodbye to tobacco.

Join us for a **FREE Tobacco Cessation Program!**
Freedom From Smoking® via ZOOM!

- Enjoy a supportive, science-based, community environment focused on behavior change
- Get assistance in preparing to quit, quitting and not returning to tobacco use
- Re-prioritize other healthy behaviors like stress management, physical activity and healthy eating that support a tobacco-free lifestyle
- **FREE** Nicotine Replacement Therapy (Patches, gum, lozenges) and the Freedom From Smoking® workbook are available to participants

This program is 8 sessions over 7 weeks. Program will be held virtually via ZOOM.

Tuesday nights at 6:00PM, starting March 10th 2026

Each session builds to the next, so attendance is important!
Enrollment is limited to Eastern CT.

Sign-up Today!

Pre-registration is required.

Contact Carolyn Wilson, MPH, CHES, NCTTP, CPS

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or call/text (860) 400-2072

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