

Quit Smoking Program

Provided by
Atlantic Health System's Pulmonary Center
&
Carol G. Simon Cancer Center at
Morristown Medical Center



IT'S NOT QUITTING, IT'S LIVING!
Get your lungs in shape for summer fun!

What are the benefits of quitting?

- ▼ Breathe easier
- ▼ Improve your health
- ▼ Save money
- ▼ Have more energy
- ▼ Control your life

How we can help

- ▼ We will give you the tools and support you need to quit for good!
- ▼ Meet with others who are quitting to share successes and challenges.

What to expect

- ▼ An individual assessment of your tobacco dependence by a certified tobacco treatment specialist.
- ▼ Nicotine replacement products will be provided at no cost to you and/or a recommendation for medication to help you quit.
- ▼ Six weekly group meetings to learn techniques that can help you ***quit and stay smoke free.***

Program consists of six weekly meetings.

Dates

Six Tuesdays
March 6, 13, 20, 27
April 3, 10

Time

6:00 to 7:30pm

Location

Radiation Conference Room
Carol G. Simon Cancer Center
Morristown Medical Center

Space is limited

You must pre-register and have a smoking assessment done in order to participate in this program.

Last day to enroll is March 5, 2012

**Please call Lisa Picciuti, LCSW, CTTS
973-971-7971**

or

**Joan Corasaniti, MSN, RN, CTTS
973-971-5781**



**Morristown
Medical Center**

ATLANTIC HEALTH SYSTEM