



# Quit Smoking Program

## Virtual Classes

### It's Not Quitting, It's Living!

#### 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 success and challenges.

#### What to expect from this FREE program:

- › 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.

#### If you use the following products, you are eligible for this program

- › Cigarettes
- › Cigars
- › Smokeless Tobacco (chew, dip, snuff, snus)
- › Pipes
- › E-cigs/vapes
- › Waterpipes (hookah, shisha)

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### Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

**Newton Medical Center**  
Tuesdays, 3:00 to 4:30pm

*Call 973-579-8588 for more information and to enroll.*

**Morristown Medical Center Health Pavilion**  
Tuesdays, 6:00 to 7:30pm

*Call 973-895-6606 or 862-432-6159 for more information and to enroll.*

**Morristown Medical Center**  
Wednesdays, 12:30 to 1:30pm

*Call 973-971-7971 or 973-971-6358 for more information and to enroll.*

**Hackettstown Medical Center**  
Wednesdays, 2:00 to 3:00pm

*Call 908-979-8797, option 3 for more information and to enroll.*

**Chilton Medical Center**  
Thursdays, 12:30 to 2:00pm

*Call 973-831-5427 for more information and to enroll.*

**Overlook Medical Center**  
Thursdays, 4:30 to 6:00pm

*Call 908-522-2296 for more information and to enroll.*

**Additional dates and times may be available. Call 844-472-8499 for more information.**

## Smoking Cessation Resources

Helpful, user friendly sites and hotlines that offer education, guidance and encouragement.

**New Jersey Quitline:** [njquitline.org](http://njquitline.org), 1-866-NJ STOPS (657-8677)

A free, interactive site that offers real support. Membership includes 24/7 support community, quit date wizard, buddies, message boards, expert support, medication guide, and self assessment tools.

**SmokeFree.gov:**

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848

**American Cancer Society:** [cancer.org](http://cancer.org), 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

**American Lung Association:** Freedom from Smoking

[freedomfromsmoking.org](http://freedomfromsmoking.org), 1-800-LUNG-USA

**Mom's Quit Connection:** Free program for pregnant women and mothers of young children.

[momsquit.com](http://momsquit.com), 1-888-545-5191

**Rutgers Tobacco Dependence Program:**

[tobaccoprogram.org](http://tobaccoprogram.org), 732-235-8222

