



Quit Smoking Program

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

- › 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.

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

Morristown Medical Center

Tuesdays, 6:00 to 7:30pm

Radiation Conference Room

Carol G. Simon Cancer Center

100 Madison Avenue, Morristown, NJ 07960

Call Lisa Picciuti, LCSW, OSW-C, CTTS, at 973-971-7971 or Joan Corasaniti, MSN, RN, CEN, CTTS, at 1-866-961-8006 for more information.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm

1 Springfield Avenue, 3rd Floor, Summit, NJ 07901

Call Monica Gilles, RRI MA, CTTS, at 908-522-2296 for more information.

Newton Medical Center

6:00 to 7:30pm, Call for dates

175 High Street, Newton, NJ 07860

Call the Pulmonary Center of Excellence at 973-579-8373, or 973-579-8322 for more information.

Chilton Medical Center

Tuesdays, 6:30 to 7:30pm

Atlantic Rehabilitation

242 West Parkway, 2nd Floor, Pompton Plains, NJ 07444

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

Hackettstown Medical Center

Wednesdays, 5:00 to 6:30pm

Cafeteria Dining Room,

651 Willow Grove Street, Hackettstown, NJ 07840

Call 908-979-8797 to register.