

Are You Ready to Quit Smoking?

- Want to become tobacco-free but don't know where to start?
- Have you tried to quit in the past but had difficulty?
- Are you looking for support and want to learn new skills in a judgment-free setting?

**Good news: You don't have to do it alone!
If you are ready, there is help available.**

The American Lung Association's Freedom From Smoking® program is designed to give you the support you need in a comfortable, confidential group setting. Our Tobacco Treatment Specialist has worked with hundreds of people on their journey to becoming tobacco-free.

This program is FREE and includes FREE nicotine replacement therapy.



UNCAS
HEALTH DISTRICT

LLHD
Ledge Light **Health** District

Join Tobacco-Free LLHD A 7-Week program to help you become tobacco-free!

2021 Group Programs
via Zoom

Program 1:

March 1, 8, 15, **22 (Quit Day)**, 24*, 29,
April 5, 12
6pm

Program 2:

May 5, 12, 19, **26 (Quit Day)**, 28*,
June 2, 9, 16
7pm

(*48 hour follow up to Quit Day)

Registration is required.
Individual sessions are available upon request.

**For more information or to register,
Contact Carolyn Wilson
860-446-3062
cwilson@llhd.org**

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 TobaccoFreeLLHD  @SmokeFreeLLHD