

# 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.**



The program is supported by the Preventive Health & Health Services Block Grant (PHHSBG), Grant #1NB01OT009192-01-00, from the Centers for Disease Control and Prevention.

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

Ledge Light Health District  
216 Broad Street, New London  
All sessions are 6-8pm.

### 2019 Group Programs

#### Session I:

March 18, 25,  
April 1, 8 (Quit Day), 10\*, 15, 22, 29

#### Session II:

May 7, 14, 21, 28 (Quit Day), 30\*  
June 4, 11, 18  
(\*48 hour follow up to Quit Day)

For more information or to register,  
Call Carolyn Wilson at  
860-446-3062 or  
email at [cwilson@llhd.org](mailto:cwilson@llhd.org).  
Registration is required.

Can't make it? Individual sessions are  
available upon request.

