

Quit Smoking Program

Provided by
Atlantic Health Pulmonary Center of Excellence
&
The Carol G. Simon Cancer Center
Morristown Medical Center



IT'S NOT QUITTING, IT'S LIVING!
Make your New Year's resolution a reality
Let's work together to keep that resolution!

What are the benefits of quitting?

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

Dates

Six Tuesdays
January 10, 17, 24, 31
February 7, 14

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.

Time

6—7:30pm

Location

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

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.

Please call Lisa Picciuti, LCSW, CTTS
973.971.7971

or

Joan Corasaniti, MSN, RN, CTTS
973.971.5781



**Morristown
Medical Center**

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