



Quit Today for a Healthier Tomorrow!

Suburban Community Hospital wants to help you become **Smoke-Free!**

Winter 2019 Tobacco Treatment Program

This **free** seven-session program is designed to give you the tools you need to feel successful through the quitting process. Sessions include understanding addiction, behavior change strategies, FDA medication options, coping with urges and stress, healthy lifestyle choices and relapse prevention.

- Session 1 – Wednesday, January 9**
- Session 2 – Wednesday, January 16**
- Session 3 – Wednesday, January 23**
- Session 4 – Wednesday, January 30**
- Session 5 – Wednesday, February 6**
- Session 6 – Wednesday, February 13**
- Session 7 – Wednesday, February 20**



Programs are held from 6:00 – 7:30 p.m. in the Walkup Room

Registration Required. For more information call **610.270.8390**.



The Southeast Pennsylvania Tobacco Control Project (SEPA TCP) is supported by Health Promotion Council and funded through a grant from the Pennsylvania Department of Health.



Suburban Community Hospital
Extraordinary People. Extraordinary Care.

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