

Wellness PROGRAMS

Available through... **CHESTER COUNTY HOSPITAL**

NICOTINE ADDICTION RESOURCES

STOP SMOKING NOW!

A six-week class for people who want to quit cigarettes, vapes or chewing tobacco



via **Zoom**

WHAT WE PROVIDE:

- Support and techniques to help you succeed on a quit plan.
- Help with identifying triggers and combating withdrawal.
- A manual created by the American Lung Association.
- FREE Nicotine Patches upon request.

WHAT WE NEED FROM YOU:

- A dependable internet connection and webcam.
- A plan to taper your use before the first day of class and quit by the last day of class.
- An agreement to keep your camera on during each class.
- A commitment to attend all six class sessions and do the homework every week.



SIGN UP FOR A FREE CLASS TODAY!

Scan the QR code or call (610) 738-2300.

NEXT 6-SESSION CLASS OFFERING:

Wednesdays, September 23rd through October 28th - 6:00 - 7:30 PM

OTHER RESOURCES:

- Pennsylvania Free Quitline
- Freedom From Smoking (American Lung Association)
- Ex Program (National Alliance for Tobacco Cessation)

1-800-QUIT-NOW or 1-800-784-8669

freedomfromsmoking.org
exprogram.com