



Quit Smoking Program

Virtual Classes

It's Not Quitting, It's Living!

What are the benefits of quitting?

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

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 success and challenges.

What to expect from this FREE program:

- › 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.

If you use the following products, you are eligible for this program

- › Cigarettes
- › Cigars
- › Smokeless Tobacco (chew, dip, snuff, snus)
- › Pipes
- › E-cigs/vapes
- › Waterpipes (hookah, shisha)

Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Newton Medical Center
Tuesdays, 3:00 to 4:30pm

Call 973-579-8588 for more information and to enroll.

Morristown Medical Center Health Pavilion
Tuesdays, 6:00 to 7:30pm

Call 973-895-6606 or 862-432-6159 for more information and to enroll.

Morristown Medical Center
Wednesdays, 12:30 to 1:30pm

Call 973-971-7971 or 973-971-6358 for more information and to enroll.

Hackettstown Medical Center
Wednesdays, 2:00 to 3:00pm

Call 908-979-8797, option 3 for more information and to enroll.

Chilton Medical Center
Thursdays, 12:30 to 2:00pm

Call 973-831-5427 for more information and to enroll.

Overlook Medical Center
Thursdays, 4:30 to 6:00pm

Call 908-522-2296 for more information and to enroll.

Additional dates and times may be available. Call 844-472-8499 for more information.

Smoking Cessation Resources

Helpful, user friendly sites and hotlines that offer education, guidance and encouragement.

New Jersey Quitline: njquitline.org, 1-866-NJ STOPS (657-8677)

A free, interactive site that offers real support. Membership includes 24/7 support community, quit date wizard, buddies, message boards, expert support, medication guide, and self assessment tools.

SmokeFree.gov:

- **Quit Guide and Quit Start:** Interactive apps that use proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good. To sign up, text QUIT to 47848

American Cancer Society: cancer.org, 1-800-ACS-2345 (1-800-227-2345)

How to Quit Using Tobacco - Guide to Quitting (available as a pdf download).

American Lung Association: Freedom from Smoking

freedomfromsmoking.org, 1-800-LUNG-USA

Mom's Quit Connection: Free program for pregnant women and mothers of young children.

momsquit.com, 1-888-545-5191

Rutgers Tobacco Dependence Program:

tobaccoprogram.org, 732-235-8222

