You Can Quit Tobacco!

We offer FREE programs to help make a quit plan that works for you!

To register or for more information (physician referral not necessary to participate in programs):
Call 1-888-LGH-INFO (544-4636) or visit www.lghealth.org/classes

Group Classes
FREE Freedom from Smoking® 7-week program where adults are given the tools and support to become tobacco free. FREE Nicotine Replacement Therapy (NRT) as grant funding allows. Meets weekly for 1.5 hours. Locations and times vary.

Individual Counseling
FREE one-on-one 30 minute weekly meetings with a counselor, by appointment only. Sessions are held at the Suburban Outpatient Pavilion’s Wellness Center. FREE Nicotine Replacement Therapy (NRT) available as grant funding allows.

Web-Based Video Chat
FREE individual counseling from the comfort of your home through a web-based program. FREE Nicotine Replacement Therapy (NRT) as grant funding allows. For more information, call 1-800-200-2229.

You CAN do this!
People who use medication (NRT, Chantix, Wellbutrin) and have support are more likely to quit.

Community Quit Tobacco Resources
- PA toll-free Quit Line 1-800-784-8669
- PA Dept. of Health www.determinedtoquit.com
- www.facebook.com/whytobaccofreelanc
- SmokeFreeTXT- Text QUIT to 47848

Ready to make a change but not sure where to start?
Try these tips:
- Take a deep breath instead of using tobacco
- Think about where, when and why you use tobacco
- Remove tobacco products from your home and car
- Think of what you can buy instead of tobacco
- Set a quit date
- Talk to your doctor about medication that can help you quit

Programs are offered free of charge through SouthEastern Pennsylvania Tobacco Control Project (SEPA TCP); a program of the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health