

**The Rockaway Township Division of Health and
Morris County Housing Authority present**



**You *can* quit smoking.
We can help.**

Join this eight-week smoking cessation program, conveniently held in Rockaway Township. Hundreds of thousands have quit through a Freedom From Smoking® Group Clinic, which offers a structured, systematic approach to becoming smoke free.

With instruction from a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smoke free for good

**Freedom from Smoking® Group Quit Program
Thursdays, 1:00[®]pm – 3:00pm**

**Free Lunch
Provided with
Each Session**

**Morris County Housing Authority
221 Mt. Pleasant Ave., Rockaway**

**Free Gift Card
with Completion
of Program**

Eight Sessions – Only \$10!

First Session: Thursday, February 22, 1:00pm

**Space is limited! Register with the Rockaway Township
Division of Health at 973-983-2848.**

***Visit Lung.org/ffs for more information about the program or our online
Freedom From Smoking® Plus if a Group Clinic isn't right for your quit.***