



Ready to quit tobacco products?

Hundreds of thousands are tobacco-free through the American Lung Association's Freedom From Smoking®, and a new Group Clinic is starting in August. Over the course of eight weeks, you will work with other people who are quitting along with a trained facilitator to set a quit date, build a quit plan and work through your first few months tobacco-free.



Freedom From Smoking Group Quit Program Tuesdays, starting August 2, 2022 | 3:00-5:00 p.m. Online

Start your quit smoking journey with the organization that has helped thousands become smoke-free.

To sign-up for this program*, contact Jen Grant at 802-748-9405, ex. 1026 or jennifergr@nchcvt.org.

*For Vermont residents only



Choosing Health

NORTHEASTERN VERMONT
REGIONAL HOSPITAL

