

MAIN LINE HEALTH'S SMOKEFREE PROGRAM

**"Believe you can, and you're halfway there."
Theodore Roosevelt**

FALL 2023

**Participate VIRTUALLY
(via Zoom)**

Main Line Health's **FREE** six session program to assist tobacco users and nicotine vapers to quit. Sessions include stress management, coping strategies, & relapse prevention information. Participants may be eligible to receive **FREE** Nicotine Replacement Therapy (NRT).

Please register by calling:
484.227.FREE (3733)

**ZOOM LINK PROVIDED @
REGISTRATION**



Main Line Health®

Program 1:

Mondays: October 2, 9, 16, 23, 30, November 6

Virtual ~ Noon to 1:00 pm

Program 2:

Wednesdays: October 4, 11, 18, 25, November 1, 8

Virtual ~ 6:00 to 7:00 pm

Program 3:

Tuesdays: November 7, 14, 21, 28, December 5, 12

Virtual ~ 6:30 to 7:30 pm

Program 4:

Wednesdays: November 8, 15, 22, 29, December 6, 13

Virtual ~ 10:00 to 11:00 am

Program 5:

Tuesdays: November 14, 21, 28, December 5, 12, 19

Virtual ~ 12:30 to 1:30 pm