



Quit Today For a Healthier Tomorrow!

Suburban Community Hospital wants to help you become **Smoke-Free!**

Tobacco Cessation Program Suburban Health Center at Plymouth Meeting

This **free** seven-session program is designed to give you the tools you need to feel successful through the quitting process. Sessions include understanding addiction, behavior change strategies, FDA medication options, coping with urges and stress, healthy lifestyle choices and relapse prevention.

Session 1 – Tuesday, September 13

Session 2 – Tuesday, September 20

Session 3 – Tuesday, September 27

Session 4 – Tuesday, October 4

Session 5 – Tuesday, October 11

Session 6 – Tuesday, October 18

Session 7 – Tuesday, October 25



Programs are held from 1:00 – 2:00 p.m. in the Suburban Health Center Community Room
Registration Required. For more information call **610.270.8390**.



The Southeast Pennsylvania Tobacco Control Project (SEPA TCP) is supported by Health Promotion Council and funded through a grant from the Pennsylvania Department of Health.



Suburban Health Center at Plymouth Meeting

Extraordinary People. Extraordinary Care.

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