



Quit Today For a Healthier Tomorrow!

Suburban Community Hospital wants to help you become
SMOKE-FREE!!

Fall 2016 Tobacco Cessation Program

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 – Wednesday, October 5**
- Session 2 – Wednesday, October 12**
- Session 3 – Wednesday, October 19**
- Session 4 – Wednesday, October 26**
- Session 5 – Wednesday, November 2**
- Session 6 – Wednesday, November 9**
- Session 7 – Wednesday, November 16**



Programs are held from 6:00 – 7:30 p.m. in the Cancer Center Conference 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 Community Hospital

Extraordinary People. Extraordinary Care.

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