

**Ready to make a change but not sure where to start? Try these tips:**

- Set a quit date.
- Ask your doctor for help quitting.
- Avoid secondhand smoke. Make your home and car smoke-free. Avoid other smokers.
- Find a buddy to support you.
- Practice deep breathing.
- Shop at stores that don't sell cigarettes.
- Think about where, when and why you use tobacco.
- Take a walking break instead of a smoke break.

**Individual Quit Tobacco Counseling**

Schedule a one-on-one appointment to talk to a counselor for 4 to 8 sessions. Each session is a half hour in length. When you meet with your counselor, you will be eligible for **free nicotine replacement therapy** like the patch or gum (as grant funding allows). Meetings are held at LGH Suburban Outpatient Pavilion Wellness Center, 2100 Harrisburg Pike, 2<sup>nd</sup> floor.

**Monday** – 3:30 pm – 6:30 pm

**Wednesday** – 9:30 am – 12:30 pm

**Thursday** – 8:30 am – 1:30 pm

**Other Free Quit Tobacco resources**

- PA Quitline – free phone counseling & nicotine replacement therapy- 1-800-784-8669
- SmokefreeTXT – Text the word QUIT to IQUIT (47848) from your mobile phone
- Wellness Connection – webcam counseling & nicotine replacement therapy – 1-800-200-2229
- PA Dept. of Health [www.determinedtoquit.com](http://www.determinedtoquit.com)
- [www.facebook.com/whytobaccofreelanc](http://www.facebook.com/whytobaccofreelanc)

**Fall Quit Tobacco Classes**

Join other adults trying to quit tobacco by attending Freedom From Smoking®. It's a 7-week program that gives you the tools and support to become tobacco free. During class, you will be eligible for **free nicotine replacement therapy** like the patch or gum (as grant funding allows).

- **Tuesdays**  
When: September 1, 8, 15, 22, 29, October 6, 13  
Where: Twin Rose Family Medicine - 306 North 7th Street, Columbia  
Time: 5:30 pm – 7:00 pm
- **Mondays**  
When: September 14, 21, 28, October 5, 12, 19, 26  
Where: Suburban Outpatient Pavilion - Wellness 2  
Time: 6:00 pm – 7:30 pm
- **Tuesdays**  
When: October 6, 13, 20, 27, November 3, 10, 17  
Where: Willow Lakes Outpatient Center - Community Room, 212 Willow Valley Lakes Drive, Willow Street  
Time: 6:00 pm – 7:30 pm
- **Tuesdays**  
When: November 3, 10, 17, 24, December 1, 8, 15  
Where: Suburban Outpatient Pavilion - Wellness 2  
Time: 6:00 pm – 7:30 pm

**For more information on LGH Quit Tobacco Programs, please call: 1-888-LGH-INFO (544-4636) or visit [www.LGHealth.org/Classes](http://www.LGHealth.org/Classes).**

These programs are offered FREE of charge through the Southeastern Pennsylvania Tobacco Control Project, a program of the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health.