

# Up In Smoke

## Tobacco Treatment Services Individual Smoking Cessation Support

Covered by  
Most  
Insurance  
Plans

Offering support and tobacco use education  
in an encouraging and supportive environment to *help you quit!*



### Sessions will include:

- Private one-to-one counseling by a Respiratory Therapist/Certified Tobacco Treatment Specialist
- Personalized assessments, treatment and quit strategies
- Medication options and recommendations
- Communication with your healthcare provider
- Referrals for topics including: medications, stress management, mindful eating, yoga, and breathing techniques
- Option to join **QuitWorks**, a telephone support program through the Massachusetts Department of Public Health
- Relapse support and motivation
- Free welcome pack and "I'm a Quitter" t-shirt

Family/Members  
of your  
support network  
are encouraged  
to attend.

UMass Memorial - HealthAlliance Hospital  
Leominster Campus  
60 Hospital Road  
Tobacco Treatment Services, Entrance D  
To register, call 978-466-2660



 **UMassMemorial**  
**HealthAlliance Hospital**

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