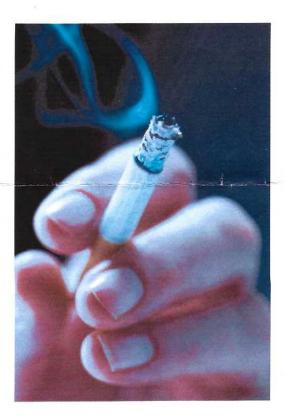
Up In Smoke

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

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



Family/Members

of your

support network

are encouraged to attend.

