



# QUIT SMOKING SERVICES

## Thinking About Quitting?

- Smoking is the **#1 cause of preventable deaths** in the United States.
- Use of Tobacco products such as cigarettes leads to chronic illnesses such as **Asthma, Heart disease, Cancer, Lung disease, and Stroke.**
- Quitting smoking has both **immediate** and **long term health benefits** both for those who already have smoking related illnesses as well as those who do not.
- **Ex-smokers live longer** than those who continue to smoke.
- ***It is never too late!***

---

### Free Group Class:

Burnham Memorial Library

898 Main street,

Colchester

Fridays, 3:30pm-4:30pm

October 2<sup>nd</sup>-October 30<sup>th</sup>

Call 802-847-7333

QuitTobaccoClass@UVMHealth.org

---

### Online Quitting

802quits.org

Free gums and patches

as well as free online

support programs

1-800-QUIT-NOW

---

### Smoking Cessation

Support Group

1 South Prospect Street

Wednesdays 3:30pm-

4:30pm

Call for ongoing start dates:

802-847-7333

---

### NEED A RIDE?

Medicaid Recipients qualify for transportation assistance to Tobacco Cessation groups!

call: 802-878-1527

[www.sstarides.org](http://www.sstarides.org)