



Quit Smoking Program

It's Not Quitting, It's Living!

What are the benefits of quitting?

- › Breathe easier
- › Improve your health
- › Save money
- › Have more energy
- › Control your life

How we can help

- › We will give you the tools and support you need to quit for good!
- › Meet with others who are quitting to share success and challenges.

What to expect from this FREE program:

- › An **individual assessment** of your tobacco dependence by a Certified Tobacco Treatment Specialist.
- › **Nicotine replacement products** will be provided at no cost to you and/or a recommendation for medication to help you quit.
- › **Six weekly group meetings** to learn techniques that can help you quit and stay smoke free.

Space is limited, you must pre-register and have a smoking assessment done in order to participate in this program.

Morristown Medical Center

Wednesdays, 6:00 to 7:30pm
Radiation Conference Room
Carol G. Simon Cancer Center
100 Madison Avenue, Morristown, NJ 07960

Call Lisa Picciuti, LCSW, OSW-C, NCTTP at 973-971-7971 or Joan Corasaniti, MSN, RN, CEN, NCTTP. at 973-971-6358 for more information and to enroll.

Overlook Medical Center

Thursdays, 6:00 to 7:30pm
1 Springfield Avenue, 3rd Floor, Summit, NJ 07901

Call Monica Gilles, RRT, MAS, NCTTP at 908-522-2296 for more information and to enroll.

Newton Medical Center

5:30 to 7:00pm, Call for dates
175 High Street, Newton, NJ 07860

Call 973-579-8588 for more information and to enroll.

Chilton Medical Center

Tuesdays, 6:30 to 7:30pm
Atlantic Rehabilitation
242 West Parkway, 2nd Floor, Pompton Plains, NJ 07444
Call 973-831-5427 for more information and to enroll.

Hackettstown Medical Center

Wednesdays, 5:00 to 6:30pm
Cafeteria Dining Room
651 Willow Grove Street, Hackettstown, NJ 07840
Call 908-979-8797 for more information and to enroll.

Morristown Medical Center Health Pavilion

6:00 to 7:30pm, Call for dates
Community Room, 3rd Floor
333 Mount Hope Avenue, Rockaway, NJ 07866

Call Marie Simon, RRT, CPFT, CTTS at 973-895-6606, or Stephanie Heasman, LCSW at 908-800-4308 for more information and to enroll.

Smoking Cessation Resources

Helpful, user friendly sites and hotlines that offer education, guidance and encouragement.

New Jersey Quitline: njquitline.org, 1-866-NJ STOPS (657-8677)

A free, interactive site that offers real support. Membership includes 24/7 support community, quit date wizard, buddies, message boards, expert support, medication guide, and self assessment tools.

SmokeFree.gov: to help you quit smoking.

- **QuitPal:** An interactive app that uses proven quit strategies to assist you with giving up smoking. Set goals, track daily habits, view progress, connect with social networks, and receive motivational reminders.
- **SmokefreeTXT:** A mobile service that provides 24/7 encouragement, advice, and tips to help smokers stop smoking for good.

American Cancer Society: cancer.org, 1-800-ACS-2345 (1-800-227-2345)

Guide to Quitting Smoking (available as a pdf download).

American Lung Association of New Jersey: Freedom from Smoking

freedomfromsmoking.org, 1-800-LUNG-USA

QuitNet.com: A free interactive site with an online community, expert support and resources.

Mom's Quit Connection: Free program for pregnant women and mothers of young children.

momsquit.com, 1-856-665-6000 / 1-888-545-5191

Rutgers Tobacco Dependence Program:

tobaccoprogram.org, 732-235-8222

