

Commit to Quit

Put out those cigarettes for good this summer! Join the American Lung Association's *Freedom From Smoking*® program and find the support you need to get you on the path to a smoke-free lifestyle. This **FREE** program will help you kick the habit!



FREE nicotine replacement patch and gum available!

Session Dates

Session 1: August 9

Session 2: August 16

Session 3: August 23

Session 4 (Quit Day): August 30

Session 5: September 1

Session 6: September 6

Session 7: September 13

Session 8: September 20

Please join us at:
New London Senior Center,
Sewing room
120 Broad Street
Tuesday, August 9
5:00 p.m.-7:00 p.m.

Please note all sessions take place on Tuesday except for Session 5. Session 5 is a follow-up to Quit Day and is on a Thursday.

To register, contact Kerensa Mansfield
at 860.448.4882 ext. 309 or
kmansfield@ledgelighthd.org

