



Quit Smoking Today!
Over 40 million have quit and so can you!
Freedom from Smoking Clinics and
Nicotine Replacement Therapy Aids are now
available!

Freedom from Smoking Program
Cessation clinics consists of 8 sessions which are
designed to explore different topics.
A casual, supportive atmosphere is provided!

Each 8 week program is at NO COST to you!
Gift card incentives will be given to participants who
complete all 8 sessions.

Please join us at:

United Community & Family Services (UCFS)
47 Town Street, Norwich, CT
October 23rd & 30th, November 6th, 13th, 15th, 20th, 27th, & December 4th
4:00 pm-6:00 pm

or

Community Health Center
1 Shaw's Cove New London, CT 06320
October 24th & 31st, November 7th, 14th, 16th, 21st, 28th, & December 5th
4:00 pm- 6:00 pm

To register, please contact:
Kerensa Mansfield at 860.448.4882 X309 or kmansfield@ledgelighthd.org

This program is in collaboration with Ledge Light Health District and
Uncas Health District

This program is supported by the CT Dept. of Public Health