

There are many benefits to
becoming **Tobacco Free!**

FREE Tobacco Cessation Classes

WHEN: Mondays, noon to 1:30 p.m. or 6:00-7:30 pm

DATES: A new series of classes begins every 5 weeks.

LOCATION: The Research Studies Center's (RSC) Prevention Center located at the corner of Elm & Carlton Sts.

Attendees will receive:

- Nicotine assessment
- Group support
- Professional guidance
- Effective quitting strategies
- Stress management
- Relaxation strategies
- Relapse prevention
- Educational materials
- Optional referral to the NYS Quitline
- Medication referrals
- Free nicotine replacement therapy
- Information on e-cigarettes and vaping
- Certificate of completion
- And more!

Please call **Stephanie Segal at 845-8667** with any questions and to sign up for the class. We look forward to hearing from you and helping you succeed.

Drop-In Tobacco Cessation Booster Sessions

Come as often as you like, stay only as long as you wish.

When: Fridays noon to 1 p.m.

Where: Jacobs Family Conference Room (H1320), Roswell Park Cancer Institute, 1st floor by the Thoracic Clinic

Walk-in clinic, no appointment necessary



You do not have to be ready to quit to attend. We will help motivate you and help you quit. You may attend one or both programs each week to receive positive encouragement and to learn new strategies. Your chances of quitting increase with a combination of motivation, attending a support group/class and using medication.

Please call **Stephanie Segal at 845-8667** for more information.