

BREATHE WELL, LIVE WELL.

A free group therapy program to
help you quit tobacco.

Mondays or Tuesdays / 6 - 7 PM

- FREE TOBACCO CESSATION GROUP MEETINGS**
- ONCE WEEKLY**, 1 HOUR PER WEEK
- LED BY TEAM OF TOBACCO CESSATION SPECIALISTS**
- EDUCATION ON NICOTINE REPLACEMENT PRODUCTS**



LEARN MORE | **CALL** 304-293-2370

When smokers participate in group therapy, they are 4x more successful.

Only 6% of people who try to quit smoking for the first time succeed.

Mondays: WVU Medicine University Town Centre / **Tuesdays:** Mary Babb Randolph Cancer Center