



**You can quit smoking.  
We can help.**

*You made it—it's 2022! Now, time to get healthy.*

We can help you improve your health and save money.  
Join a supportive group to **prepare** and **quit** smoking together!

Overseen by a certified facilitator, you will learn:

- Medications that can increase your success (available for free to participants!)
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress & avoiding weight gain
- How to stay smoke-free FOR GOOD!

**Freedom From Smoking® Group Quit Program**

***Attend our FREE upcoming group Virtually OR In-Person!***

***Begins Tuesday, February 1st***

United Neighborhood Centers  
509 Cedar Avenue, Scranton, 11:00am  
**Also offered *virtually*—join from home.**

***Masks Required if attending in person.  
Refreshments provided.***

Contact Morgan Lamb at 570-346-6203 x212 or [mlamb@uncnepa.org](mailto:mlamb@uncnepa.org) to RSVP.



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