

The Butler Borough Health Department &
Butler Borough Public Library present



You *can* quit smoking.
We can help.

Join this eight-week smoking cessation program, conveniently held in Butler Borough. Hundreds of thousands have quit through a Freedom From Smoking® Group Clinic, which offers a structured, systematic approach to becoming smoke free.

With instruction from a certified facilitator, you will learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- 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
Wednesdays, 1:00pm – 3:00pm

Butler Public Library
One Ace Road, Butler NJ 07405

Eight Sessions – Only \$10!

First Session: Wednesday, October 3, 1:00pm

Space is limited! Register at 973-838-7200, ext. 237
or email lremmert@butlerborough.com

Visit Lung.org/ffs for more information about the program or our online Freedom From Smoking® Plus if a Group Clinic isn't right for your quit.

*Refreshments
Provided with
Each Session*

*Free Gift Card
with Completion
of Program*