



## Ready to quit tobacco products?

Hundreds of thousands are tobacco-free through the American Lung Association's Freedom From Smoking®, and a new Group Clinic is starting this March. Over the course of eight weeks, you will work with other people who are quitting along with a trained facilitator to set a quit date, build a quit plan and work through your first few months tobacco-free.



### **Freedom From Smoking Group Quit Program Tuesdays, starting March 16, 2021 | 5:30-7 p.m. Online**

Start your quit smoking journey with the organization that has helped thousands become smoke-free. Participants will have the opportunity to earn up to \$55 in gift cards to local or online stores from NVRH.

To sign-up for this program, contact Jen Grant,  
RiseVT Community Health Lead, at  
802-748-9405, ex. 1026 or [jennifergr@nchcv.org](mailto:jennifergr@nchcv.org).



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