



Kick the habit!

Smoking Cessation Class

Learn to be...
tobacco free

Free, six-week Thursday evening classes begin
Thursday, July 21, 2022, 6pm

at Mather Hospital
75 North Country Road, Port Jefferson
Sponsored by Suffolk County Department of Health

Stress management techniques, behavior modification, and relaxation techniques are some of the skills needed to stay tobacco free. Development of these techniques will be covered and cessation medication will be provided for a nominal fee.

▼ **To register or for more information, please call (631) 853-2928.**

Participants are required to be fully vaccinated (or show proof of a negative PCR COVID-19 test taken within 72 hours) and to properly wear masks at all times, covering the nose and mouth.