



You can quit smoking!

This 4-week program is offered by Fox Chase Cancer Center and will help you learn to live smoke-free!

You will receive help to:

- Understand addiction
- Learn about nicotine replacement therapy
- Cope with urges and stresses
- Stay tobacco free

If you are ready to gain control and stop smoking, we are here to help. You will need to attend all 4 sessions.

When: Wednesdays, October 4, 11, 18, and 25

6:00pm-8:00pm

Where: LEHB Northeast Office

2848 St. Vincent St., Philadelphia PA 19149

LIMITED AVAILABILITY.

Call LEHB to sign up.

215-763-8290: Kate (217), Ali (263), Phyllis (220)