



THINKING ABOUT QUITTING SMOKING? IT JUST GOT EASIER!

INSTITUTE FOR PREVENTION QUIT CENTER

Free nicotine patches for the first 2 weeks!
Offer good through December 31, 2009

- Are you thinking about quitting smoking?
- Would you like to save money during this weak economy?
- Did you know that with the recent federal tobacco tax increase, the price of a pack of cigarettes is now close to \$7.50?

The Institute for Prevention is pleased to offer FREE nicotine patches for the first two weeks to Essex County residents who sign up with our 6 week quit program at \$15 per week.

The Institute for Prevention Saint Barnabas Behavioral Health Network operates a tobacco Quit Center offering individual and group tobacco cessation counseling. Quit Center group meetings are held weekly with a Certified Tobacco Treatment Specialist.

Essex County Group

Tuesdays at 6p.m., Saint Barnabas Ambulatory Care Center
200 South Orange Ave, Livingston

Contact for Essex: Dennis Lee, C.T.T.S., 973.926.7978

For more information about the Institute for Prevention, please visit our website at
www.instituteforprevention.com

The mission of the Institute for Prevention is to reduce the factors that place individuals, families and communities at risk and to promote healthy lifestyles.

