



**INSTITUTE
FOR PREVENTION**



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

The Institute for Prevention is pleased to offer **FREE** nicotine patches for the first two weeks to Ocean and Monmouth 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.

Ocean County Group: starting Tuesday, October 13, 2009 at 7:30 p.m.
ADACO, 1195 Route 70, Suite 2010, Lakewood

Monmouth County Group: starting Thursday, October 15, 2009 at 6p.m.
Prevention First, 1405 Hwy 35, Ocean

Contact for Ocean and Monmouth: Helene Long, C.T.T.S., 732.886.4149

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.



Comprehensive Tobacco Control Program