

You know you should quit.
Your excuses just ran out.

FREE QUIT SMOKING SERVICES

- Informational sessions throughout the state
- Assessment of your personal smoking history to determine a treatment plan
- Counseling - individual or group sessions appropriate to your stage in the quitting process
- Nicotine Replacement Therapy (patch, lozenge or gum)

Program is conducted by certified, bilingual Tobacco Treatment Specialists using the Centers for *Disease Control and Prevention* model. *The Program adheres to the Standards of Practice prescribed by the Association for Treatment of Tobacco Use and Dependence Services.*

On average, 1,700
adults in RI die
annually from
smoking related
illnesses.

**Kick the
habit
before it
kills you!**



Research shows that you'll be more successful with a combination of counseling and Nicotine Replacement Therapy.

For information on a program near you or to schedule an appointment contact:

***Donna Levesque
Tobacco Cessation and
Treatment Coordinator***

(401) 519-1970

dlevesque@tri-town.org



*Tobacco Cessation and
Treatment Services provided
through a grant from the Rhode
Island Department of Health*

Smoking is costing you your
health and thousands of
dollars a year.

We can help you quit!

Joseph R. DeSantis, Chief Executive Officer
South County Community Action Agency
1935 Kingstown Road
Wakefield, Rhode Island 02879
Main: (401) 789-3016

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