

# 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, and adheres to the Standards of Practice prescribed by the Association for Treatment of Tobacco Use and Dependence Services.



Smoking is costing you  
your health and thousands  
of dollars a year.  
We can help you quit!

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

Kick  
the habit  
before it  
kills you!



Research shows 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 & Treatment Coordinator  
519-1970 or email [dlevesque@tri-town.org](mailto:dlevesque@tri-town.org)



Tri-Town  
Community Action Agency

*Helping people. Changing lives.*

1126 Hartford Avenue, Johnston, RI 02919  
[www.tri-town.org](http://www.tri-town.org)

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