



**Every quit attempt counts!**

**Fall 2020**

**NOW—Available virtually via  
ZOOM**

**Main Line Health's  
FREE six session program is  
designed to help tobacco users  
and vapers quit. Participants may  
be eligible to receive FREE  
Nicotine Replacement Therapy.**

**Please register by calling:  
484.227.FREE (3733)**

Another resource:

PA Quitline call: **1.800.QUIT.NOW**

**Choose the day and time that works best for you  
from these virtual programs:**

**Option 1:**

Wednesdays — October 7, 14, 21, 28, November 4, 11  
1:30—2:30 pm

**Option 2:**

Thursdays — October 8, 15, 22, 29, November 5, 12  
6:00—7:00 pm

**Option 3:**

Mondays — November 2, 9, 16, 23, 30, December 7  
12:00—1:00 pm

**Option 4:**

Tuesdays — November 10, 17, 24, December 1, 8, 15  
6:30 —7:30 pm



**Main Line Health®**  
Well ahead.®