

MAIN LINE HEALTH'S SMOKEFREE PROGRAM

**"Believe you can, and you're halfway there."
Theodore Roosevelt**

Spring 2021

**Participate VIRTUALLY
(via Zoom)**

Main Line Health's
FREE six session program to help
tobacco users and vapers quit.
Sessions will include stress
management, coping strategies
and relapse prevention.
Participants may be
eligible to receive FREE Nicotine
Replacement Therapy.

Please register by calling:
484.227.FREE (3733)

PA Quitline: 1.800.QUIT.NOW



Main Line Health®
Well ahead.®

Program 1:

Thursdays, April 8, 15, 22, 29, May 6, 13
Virtual: 6:30 pm to 7:30 pm

Program 2:

Thursdays, April 15, 22, 29, May 6, 13, 20
Virtual: 10:00 am to 11:00 am

Program 3:

Mondays, April 19, 26, May 3, 10, 17, 24
Virtual: 4:00 pm to 5:00 pm

Program 4:

Fridays, May 7, 14, 21, 28, June 4, 11
Virtual: 12:30 pm to 1:30 pm

Program 5:

Tuesdays, May 18, 25, June 1, 8, 15, 22
Virtual: 6:00 pm to 7:00 pm

Program 6:

Wednesdays, May 19, 26, June 2, 9, 16, 23
Virtual: 12:00 pm to 1:00 pm