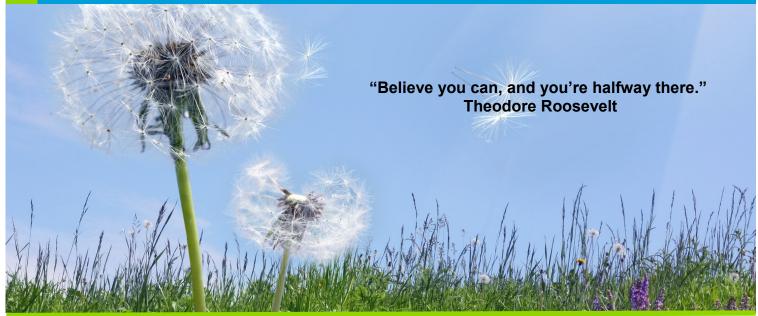
# MAIN LINE HEALTH'S SMOKEFREE PROGRAM



# 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



#### 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

