



DO YOU SMOKE AND WANT TO QUIT?  
IT CAN BE DONE!

## COMMIT TO QUIT WITH THE HELP OF THE GENERATIONS' SMOKING CESSATION PROGRAM

- Talk to your Healthcare Provider about enrolling in our 8-week support group (held on Tuesday evening)
  - Tell your family, friends, and co-workers that you want to quit and ask them to support your decision
  - Services are covered by most insurance policies
- Group Therapy
  - Individual Therapy
  - Medication management and/or nicotine replacement therapy to help you quit
  - 24-hr phone service for counseling and information on quitting through Connecticut Quit Line

CALL (860) 963-7917

ASK ABOUT SCHEDULING YOUR  
INDIVIDUALIZED INFORMATION SESSION



WILLIMANTIC. NORWICH. DANIELSON. PUTNAM  
ACROSS THE SMILES: (MOBILE DENTAL PROGRAM)

GENHEALTH.ORG

