

Quitting Smoking

Self-management workshops to help you get the support you need to quit tobacco in a small group of other people trying to quit too.

Smoking is the #1 most preventable cause of death in the United States.

Quitting smoking or chewing tobacco is the #1 most important step you can take to live a longer and healthier life. Quitting can be tough, but you don't have to do it alone. Our workshops can help you get the support you need to quit tobacco in a small group of other people trying to quit too.

The Workshops Vermont Quit Partners



WHAT THEY OFFER

When you're ready to quit, 802Quits has local Vermont Quit Partners ready with free workshops to help you set up a plan and succeed in being tobacco-free. There are Quit Partners all across Vermont available to provide support and motivation to help you through the quitting process.

TIMING

Participants meet once a week.

WHO IT'S FOR

Current smokers or tobacco users looking to quit.

Upcoming Vermont Quit Partners Workshops

Tuesdays
Oct 12-Nov 16
6-7PM

Online Zoom

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THE
University of Vermont
HEALTH NETWORK
Central Vermont Medical Center

All printed materials provided
at no cost

To take the first step, visit:
MYHEALTHYVT.ORG