

I Can Quit

A program to help you
quit smoking forever



Mark Twain once said, "Quitting smoking is easy. I've done it a thousand times." If you are a smoker, you know quitting is difficult. To succeed sometimes means you need help.

Touro Infirmary offers ***I Can Quit***—a free program for those who are serious about quitting smoking forever. If you are currently smoking or have stopped but continue to struggle, you are invited to participate. Space is limited and you must commit to attend all 4 weekly meetings.

No matter how old you are or how long you've smoked, quitting can help you live a longer and healthier lifestyle. Make the first step toward quitting by contacting Robert Gardner, Ph.D. at **897-8209** to get more information. Registration for the ***I Can Quit*** program is required.

Here. For Life.

