Fresh Start© Tobacco Cessation Program

08

**Fall**

**Why Quit Now?**

**Smoking increases your risk for:**

* **Emphysema**
* **Heart disease**
* **Lung cancer**
* **Other cancers**

**Quitting will:**

* **Decrease your risk for all smoking related diseases.**
* **Improve your cardiovascular function.**
* **Renew your sense of taste and smell.**
* **Improve your health.**

This event is FREE. For more information and to register, please call 1-800-560-9990 or visit [**HackensackMeridianHealth.org**](http://www.hackensackmeridianhealth.org)**/Events**

The decision to quit smoking is a fresh start to a new life. Come join one of the Meridian Health facilitators and participate in the American Cancer Society’s Fresh Start© program.

Fresh Start© consists of four, one and half-hour sessions, taking place over a two-week period. It is based on the two biggest challenges: how to stop and how to stay stopped. Sessions will teach you how to cope with urges, withdrawal, medication options, and many other helpful topics to help you quit.

**The program sessions are as follows:**

* **Tuesday, March 10, 2020 6:00pm to 7:30pm Conference Room B**
* **Thursday, March 12, 2020 6:00pm to 7:30pm Conference Room B**
* **Tuesday, March 17, 2020 6:00pm to 7:30pm Conference Room B**
* **Thursday, March 19, 2020 6:00pm to 7:30pm Conference Room B**

Ocean Medical Center: Conference Center

425 Jack Martin Boulevard, Brick, NJ

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732-836-4573 or 732-836-4042