

FREE!

Time for a Spring Cleaning!



Kick the habit!

Join the **Be BOLD: Quit Smoking Program**

AN 8-SESSION PROGRAM CREATED BY A HEALTH PSYCHOLOGIST INCLUDING:

- Warm, supportive group atmosphere
- Pharmacotherapy discussion
- Information on nicotine replacement therapy
- Tips for breaking the habit
- Tools for conquering urges and temptations
- Techniques to manage stress and triggers

Does smoking have you stressed about your health, family, finances, self-esteem, and your ability to quit?

The Be BOLD Quit Smoking Program
can help you achieve a healthy, new YOU!

New Group starting soon!

For more information or to register call:

718-430-2697

Or email:

bebouldquitsmoking@einstein.yu.edu

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