

# Live Longer... Live Better... TOBACCO FREE



**You choose how to quit:**

## **Stop Using Tobacco for Life**

FREE, extensive quit program. Two (2) hours, seven consecutive weeks. Focuses on the individual need to develop skills to unlearn the habitual and unconscious part of the smoking habit. Discussion topics include: nicotine addiction, stress management, behavior modification, withdrawal, cravings, urges and more!  
Registration required.

## **Jump Start to Quitting**

FREE, quick quit program. Two (2) hour clinic to get you started or refresh your quit plan.

## **Next Step Maintenance**

Support group. One (1) hour session to assist you in staying tobacco free.

Nicotine replacement assistance is available to active participants

**For More Information**  
**410 876-4429**

Carroll County Health Department  
Cigarette Restitution Fund Program