



**MAKE A FRESH START!  
BE SMOKE FREE!  
SMOKING CESSATION GROUP  
STARTS OCTOBER 11!**

Do yourself and your family a favor this fall! Get free of tobacco!

- prevent your teen from starting smoking
- protect your child from asthma and lung diseases.

Montgomery Health Department and Princeton HealthCare System can help!

**Smoking Cessation Group starts Tuesday, October 11.  
Otto Kaufman Community Center  
356 Skillman Road**

**Six Tuesdays at 6:00 p.m.**

**Includes:**

- individualized assessment at the start of the program
- Coupons for reduced-cost nicotine replacement medication (patches/gum)
- Specialized Smoking Cessation Counselors who can give you effective tools to help you succeed at quitting.

Registration for this program is **\$10.00**—refunded on your completion of the program.

**REGISTER BY SEPTEMBER 30!** Contact the Montgomery Township Health Department at 908-359-8211, extension 227 or [health@twp.montgomery.nj.us](mailto:health@twp.montgomery.nj.us) .