Are You Ready to Quit Smoking?

Participate in SmokeFREE

Main Line Health's FREE Six-Session Smoking Cessation Program.

Participants may be eligible to receive FREE Nicotine Replacement Therapy (patch, gum, or lozenge).

Upcoming Dates:

Riddle Hospital
Administrative Annex | Conference Room B
1068 West Baltimore Pike | Media, PA 19063
January 15, 22, 29, February 5, 12 & 19
6 to 8 pm

Riddle Hospital
Administrative Annex | Conference Room B
1068 West Baltimore Pike | Media, PA 19063
February 21, 28, March 7, 14, 21 & April 4
6 to 8 pm

Riddle Hospital
Health Center 4 | Conference Room 2
1068 West Baltimore Pike | Media, PA 19063
May 1, May 8, 15, 22, 29 & June 5
6 to 8 pm (On May 1 the group will meet in the Annex | Conference Room B)

To register for the above classes, call 484.227.3635.

Lionville Community YMCA
Conference Room
100 Devon Drive | Exton, PA 19341
January 2, 9, 16, 23, 30 & February 6
12:30 - 1:30 pm

Audubon YMCA
2460 Boulevard of the Generals
Audubon, PA 19403
January 8, 15, 22, 29, February 5 & 12
6 to 8 pm

Upper Main Line YMCA
1416 Berwyn-Paoli Road | Berwyn, PA 19312
February 21, 28, March 7, 14, 21 & 28
6 to 8 pm

Paoli Hospital
Potter Rooms B & C
255 West Lancaster Avenue | Paoli, PA 19301
April 2, 9, 16, 23, 30 & May 7
6 to 8 pm (On April 2 the group will meet in the Willistown Room)

To register for the above classes, call 484.337.8329.

Other FREE smoking cessation resources include:

determinedtoquit.com

1-800-QUIT-NOW

This SEPA Tobacco Control Project is supported by the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health, Tom Corbett, Governor.

Main Line Health
Well ahead.℠

mainlinehealth.org/events
1.866.CALL.MLH