

# READY TO QUIT SMOKING?

## Tobacco Cessation Program at Manet Community Health Center

Nicotine Replacement Therapy  
Lifestyle Change  
Personalized Quit Plans  
Health Education  
Coping Strategies/Stress Management  
Strong Support System  
Individual/Group Sessions

### **\*Attention Manet Community Health Center Patients:**

Did you know that a combination of medication AND counseling offers the BEST chance for you stay quit FOR GOOD? Starting in October, Manet will be offering both individual and group counseling for Smoking Cessation. Most insurance plans cover smoking cessation and medications, so don't let cost be a barrier to you! Check with your insurance for your coverage.

Contact our Tobacco Specialist at 617.690.6357 or email [QUITSMOKINGNOW@manetchc.org](mailto:QUITSMOKINGNOW@manetchc.org) for additional information.



**Your partner for a healthier life.**

[www.manetchc.org](http://www.manetchc.org)

