



Are you ready to QUIT SMOKING?

The Fairfield, Stratford, and Trumbull Health Departments are offering a

FREE 4-week Smoking Cessation Program

developed by the American Cancer Society to help you quit.

*Program includes 2 FREE weeks worth of Nicotine Replacement Therapy.

Program runs on 4 consecutive Tuesdays from 6-7:30pm at the Stratford Health Department (468 Birdseye Street, Stratford, in Room 110) starting November 14th.

To register, please contact:

Kelley Meier—Health Educator, Stratford Health Department
at 203-385-4090 or email at kmeier@townofstratford.com.

Call today, space is limited!

**Upon referral to CT Quit Line. May chose patches, gum, or lozenges.*



Health Department



Public Health
Prevent. Promote. Protect.

Trumbull Health Department

