

ARE YOU READY TO QUIT SMOKING?



- ... Have you tried to quit without success?
- ... Do you want to look, feel, and be healthier?
- ... Do you want to protect family and friends from secondhand smoke?
- ... Are loved ones concerned about you?
- ... Are you tired of being addicted to tobacco?
- ... Do you want to quit but need help?

If you said yes to any of these questions, contact our **Quit Smoking Program** at **1.844.303.LUNG (5864), 609.947.7147** or email pulmonarynavigator@capitalhealth.org.

Quit Smoking Program

For more information about the Quit Smoking Program, contact us by calling

1.844.303.LUNG (5864)
or **609.947.7147**

or email us at
pulmonarynavigator@capitalhealth.org



capitalhealth

One Capital Way,
Pennington, NJ 08534

@capitalhealthnj     
capitalhealth.org

03/2021



QUIT SMOKING PROGRAM

*If you are ready to quit,
Capital Health is here to help.*



capitalhealth

capitalhealth.org/quitsmoking

We are delighted that you want to stop smoking and are ready to help you quit.

QUIT SMOKING PROGRAM

We offer the expert help you need to kick your dependence on nicotine and tobacco products.

Our counselors are certified health care professionals trained in tobacco dependence treatment. Our program follows clinical-based guidelines in providing specialized treatment for tobacco and nicotine addiction.

Personalized Approach

We offer a customized approach designed to meet your unique needs including:

- ... Nicotine replacement therapy
- ... Counseling
- ... Alternative treatment options

Benefit to You

- ... Improve lung function
- ... Breathe easier
- ... Reduce cancer risks
- ... Reduce secondhand smoke risks for family and friends
- ... Save money previously spent on cigarettes

HOW IT WORKS

Group therapy sessions meet weekly. Groups range in size from six to eight participants. All participants must commit to stop smoking and be able to attend the meetings, in person or virtually.

Medications that can help you quit smoking — including prescription and over-the-counter medications — will be provided by Capital Health medical professionals.

COMMIT TO QUIT, START TODAY

Call us at 1.844.303.LUNG (5864) or 609.947.7147. Our pulmonary navigator will get you started on your path to better health.

COST

The Capital Health Quit Smoking Program is free to participants.

CAPITAL HEALTH LUNG CENTER

This program is offered through Capital Health's Lung Center, located in our state-of-the-art Capital Health Medical Center – Hopewell. Our expert clinicians treat the full range of lung diseases with the goal of identifying and treating potentially life-threatening conditions in the early stages. The Lung Center offers lung cancer screening, a lung nodule clinic, thoracic surgery, interventional pulmonology, pulmonary rehabilitation, and the Quit Smoking Program.

EXPERT,
COMPREHENSIVE
LUNG CARE

