

# Online Quit Smoking Workshop

You can quit smoking. We can help.

## The workshop:

Your 802Quits partner is here to help you reduce your tobacco or nicotine consumption, or quit altogether! This free program will give you support and help you set a plan to succeed. Free gum, patches, and lozenges are available for participants.

\*One-on-one sessions available by appointment

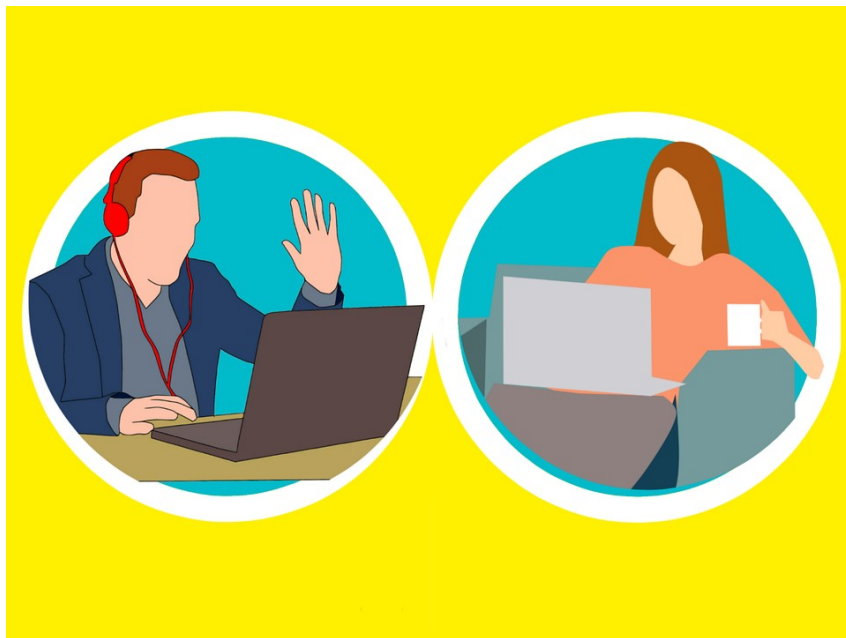


**DATE:** Beginning  
May 5th, 2020

**TIME:** 9:30-10:30 a.m.

**PLACE:** Zoom online

Call or email Courtney Thorn,  
Chronic Disease  
Self-Management Coordinator  
at (802) 388-8860 or  
[cthorn@portermedical.org](mailto:cthorn@portermedical.org)



What previous participants have said about the program:

“Being in a group with other people is helpful– it lets you know you’re not alone.”

“Thank you so much for all your support! Great class!”

“Thank you for offering your support in our quitting journey!”

