



*The time to  
Quit Smoking  
is now!*



**Steuben County Public Health & Nursing Services**  
Offers

# **SMOKING CESSATION**

We can assist you in obtaining Nicotine Replacement Products

**Call for Dates/Times/Location**

**Steuben County Public Health & Nursing Services**  
**607-664-2438 ext. 2652 or toll free at 1-800-724-0471**

**Session 1**

Orientation

**Session 2**

Preparation

**Session 3**

Quit Day

**Session 4**

Stress Management

**Session 5**

Benefits of Quitting

**Session 6**

Relapse Prevention

**Session 7**

Maintaining the Quit

**Methods based on the latest scientific research and the practical experiences of some of the country's leading smoking cessation researchers.**