

Do you have a cigarette...

...when you first wake up?

...after meals?

...with coffee/caffeine?

...when you are stressed out?

QUIT

*If this sounds like you and you are ready to kick the habit,
Come to our Smoking Treatment Group or Individual Counseling where you
will get the support and tips you need to quit. We are here to help you...*

SMOKING TREATMENT GROUP/INDIVIDUAL COUNSELING

Group Sessions
Every Wednesday
11:30 am to 12:30 pm
Ambulatory Care Center
140 Bergen Street, Room C-1635
Newark, New Jersey

One-on-One Counseling
By appointment only
Ambulatory Care Center
140 Bergen Street
Newark, New Jersey

All counseling is led by Certified Tobacco Treatment Specialists.

**For more information call or email: Smoking Treatment Program at
973-468-5252 OR AT SMOKEFREE@UHNJ.ORG**

RUTGERS

Cancer Institute of New Jersey
at University Hospital

RUTGERS HEALTH



UNIVERSITY HOSPITAL
Newark, New Jersey