



Is it Time to Quit?

We can help make it possible.

QUIT 2b FIT

Smoking Cessation Program

- Includes education and coaching for behavior modification, strategies, support and relaxation techniques.
- Session includes cardiovascular exercise for fitness, stress management, improved mood and weight control.
- Gain the tools, skills and support to succeed at smoking cessation and living a healthier more active life.
- Build your confidence and experience the power of a group.

Financial Assistance available for qualifying applicants

6-Week Session Meets Tuesday & Thursday • Begins 2/28/17

Free Info Session 2/21 5-6pm


Bond Wellness Center
at MONADNOCK COMMUNITY HOSPITAL

Call Essy today: 924-4699, ext. 4291