



County of Rockland

ROCKLAND COUNTY DEPARTMENT OF HEALTH

The Dr. Robert L. Yeager Health Center
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Free quit smoking program Just in time for the spring!

The nationally awarded **"Put It Out Rockland"** smoking cessation program has been helping Rocklanders quit smoking since 2002. This successful 8 week program is FREE and offers FREE nicotine replacement products for those who qualify.

There is no magic recipe for quitting smoking. But there are a number of proven techniques that can improve your chances of success, such as understanding why and when you smoke, controlling smoking triggers, changing your daily routine, and dealing with stress.

Put It Out Rockland (PIOR) meets twice a week for the first 2 weeks then once a week for the remaining 6 weeks. Bring your desire to quit, and you will leave with the skills you need to stay tobacco free.

Program dates: Mon/Wed. March 15, 17, 22, & 24 and Mon., April 12, 19, 26 and Mon., May 3. These classes meet in room 133 at Nanuet High School. Classes on Tues., March 30 and April 6 classes meet at Nanuet Public Library.

To register contact PIOR at 364-2651 or go to www.putitoutrockland.com