

Take the Quiz:

- Have you ever tried to quit?
- Are you embarrassed about your smoking?
- Does your smoking cause health problems?
- Does your smoking cause problems at home or work?
- Are you tired of tobacco controlling your life?
- Has your doctor said to quit?
- Do you really want to quit?
- Are you concerned for your loved ones?

**If you said YES
to any of these questions,
we can help you!**



Offering two convenient New Brunswick, NJ locations:

Rutgers Cancer Institute of New Jersey
195 Little Albany Street

Clinical Academic Building
125 Paterson Street, Suite 2300

Supported by:

Rutgers Cancer Institute of New Jersey
Rutgers Robert Wood Johnson
Medical School
Rutgers School of Public Health

Tobacco Dependence Program

125 Paterson Street, Suite 2300
New Brunswick, NJ 08903
Phone: 732-235-8222

Email: stopsmoking@rutgers.edu
www.tobaccoprogram.org

RUTGERS
THE STATE UNIVERSITY
OF NEW JERSEY

Rutgers, The State University of New Jersey

Tobacco Dependence Program

**Get the help you need
to quit smoking**

Call 732-235-8222

www.tobaccoprogram.org



We are here to help you quit!

Why call us?



Reasons to quit

- Look and feel healthier
- Set an example
- Live longer
- Smile brighter
- Save money
- Breathe easier
- More energy
- Control your life



Reasons to come see us

- You want to quit
- You are thinking of quitting
- You quit a short time ago and want support to stay quit
- You want to help a loved one
- Your doctor told you to quit



How can we help?

Quitting is hard...

The experts in our program understand that quitting is not easy. We know that smoking gets your body hooked on tobacco.

When you try to stop, you can feel:

- Nervous
- Tense
- Hungry
- Moody
- Sad
- Cravings

These feelings make it very hard to quit, but with our support, you can beat these feelings and quit for good!

**The care we give
can help raise your chances
of quitting!**



What can I expect?

At our program, you will:

- Meet with trained experts
- Learn about tools that can help you quit
- Make a plan that works for you

Your plan can include:

- One-on-one support
- Group support
- Nicotine medicines (patch, gum, inhaler, spray, lozenge)
- Other medicines such as Chantix®, Zyban®, or Wellbutrin®

**Call 732-235-8222 or
email stopsmoking@rutgers.edu
to get started**



The Tobacco Dependence Program can help you quit!