

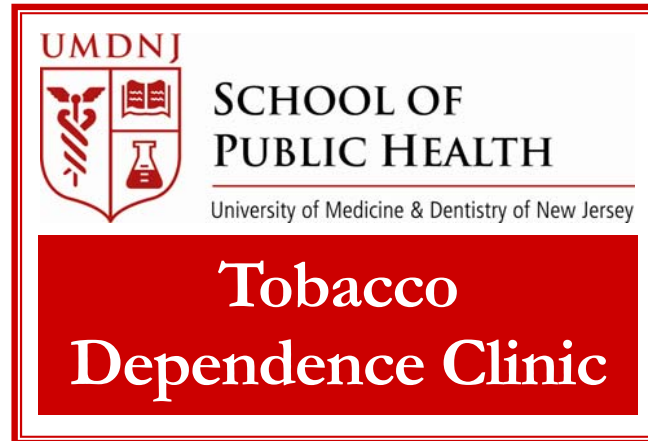
Take the Quiz:

- 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?
- Are you tired of tobacco running your life?
- Has your doctor told you 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!

The Tobacco Dependence Clinic gives advanced care that meets your needs.

Call or stop by today!



317 George Street, Suite 210
New Brunswick, NJ 08901

Phone: (732) 235-8222

Fax: (732) 235-8298

Email: clinic@tobaccoprogram.org

Web: www.tobaccoclinic.org

You can also find help at
www.nj.quitnet.com or 1-866-NJ-STOPS



The Tobacco Dependence Clinic is part of the UMDNJ Tobacco Dependence Program, which is sponsored by New Jersey Department of Health and Senior Services through the Comprehensive Tobacco Control Program

The UMDNJ-School of Public Health is sponsored by the University of Medicine and Dentistry of New Jersey in cooperation with Rutgers, the State University of New Jersey and the New Jersey Institute of Technology.



Tobacco Dependence Clinic

Get Help to Quit Smoking

www.tobaccoclinic.org

(732) 235-8222

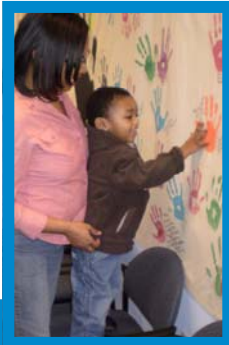


We are dedicated to helping you quit!

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 at our Clinic **understand** that quitting is not easy.

We know that smoking gets your body hooked on Nicotine (a drug).

When you try to stop, you can feel:

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

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



The care we give is proven to raise your chances of quitting!

What can I expect?

At our clinic, 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, etc.)
- Other medicines (Chantix, Zyban, Wellbutrin)

The Tobacco Dependence Clinic can help *you* quit!