

# *Learn To Be... Tobacco Free*



The Suffolk County Department of Health will be conducting a six-week smoking cessation program starting on Tuesday January 9, 2018 at 6pm at Brookhaven Memorial Hospital Medical Center, 101 Hospital Road, Patchogue.

It will be held in the medical building across from the hospital in 1<sup>st</sup> floor conference room.

Stress Management Techniques, Behavior Modification, and Relaxation Techniques are some of the skills needed to stay tobacco free.

These techniques will be covered and medication will be provided for a nominal fee.

To register or for more information, please call  
Debora @ 853-2928