

SMOKE FREE LIVING



279 Pleasant Street · Concord, NH 03301
(603) 230-7300 · www.concordhospital.org

Smoke Free Me

Learn how to quit smoking for good! Smoke Free Me is a 5-session program where we explore the addictive and behavioral aspects of tobacco use in order to gain freedom from tobacco dependence and avoid relapse. Call (603)230-7300.

One-on-One Quit Smoking Education and Counseling

Conquer your smoking addiction with a plan tailored to your individual needs. This program includes 5 private, 40-minute sessions covering preparation through relapse prevention. Total cost \$125.00. Call (603)230-7300.

Free Quit Smoking Support Group

Thinking about quitting? Need support to prevent relapse? Our FREE monthly support group provides a wealth of accurate information and comfortable social support. Meets the 2nd Monday of each month from 6:30-7:30 p.m. Call (603)230-7300.

Quit Smoking with Hypnotherapy

Hypnosis is an enjoyable state of relaxation where you are aware of everything taking place as you make the healthy choice to become a non-smoker. Call (603)230-7300.

Acupuncture Treatments

Acupuncture can help with addictions, cravings, and detoxification. Gentle treatments provided in a group setting at our walk-in clinic. Call Center for Integrative Medicine at (603)228-7600.

Try-To-Stop Tobacco Resource Center

FREE information and support services for NH residents by phone with day and evening hours. Call 1-800-trytostop (1-800-879-8678) or visit www.trytostopnh.org.