

Quit Tobacco with The Butt Stops Here

TOBACCO TREATMENT – THE BUTT STOPS HERE

The Butt Stops Here is a six-week program that can help you quit smoking and/or use of other tobacco products. The program includes a workbook, relaxation CD, and two weeks of nicotine patches or gum. It is an award-winning program that has helped THOUSANDS to QUIT! This session is open to Ellis Medicine employees and to the community.

- COST:**
- **FREE** for Ellis Medicine employees, MVP members and CDPHP members
 - **\$45** for public* | \$20 for Medicaid patients
- *Participants with insurance plans other than MVP & CDPHP should check to see if this program is covered with their plan.*

WHERE: McClellan Street Health Center
Sleep Center Conference Room (Fourth Floor)
600 McClellan Street, Schenectady

DATE: June 13 - July 25
Meets on Wednesdays | 6 - 7 PM

REGISTER: ellismedicine.org/smoking OR call 518.831.6957

FOR MORE INFORMATION CONTACT:

CO-FACILITATORS: Mary-Lynn Hemberger RRT, CPFT, AE-C
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CALL: 518.831.6957

UPCOMING SESSIONS:

Check back on the website to register for other sessions & for more info.

- August 8 - September 12
- September 26 - October 31
- November 14 - December 19

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