

STOP

Smoking & Vaping Cessation Program

Become smoke, tobacco, and vape free.

Learn about behavioral techniques, medication options and receive ongoing counseling support.

We can offer you

- English & Español speaking tobacco treatment specialists
- Individual or group counseling
- Relapse prevention
- Support & education
- Personalized quit plan
- Discuss medication options



Eligibility

Adults 18 years of age or older who are ready to quit or willing to reduce with the goal of quitting in the next 3 months.

To schedule an appointment call:

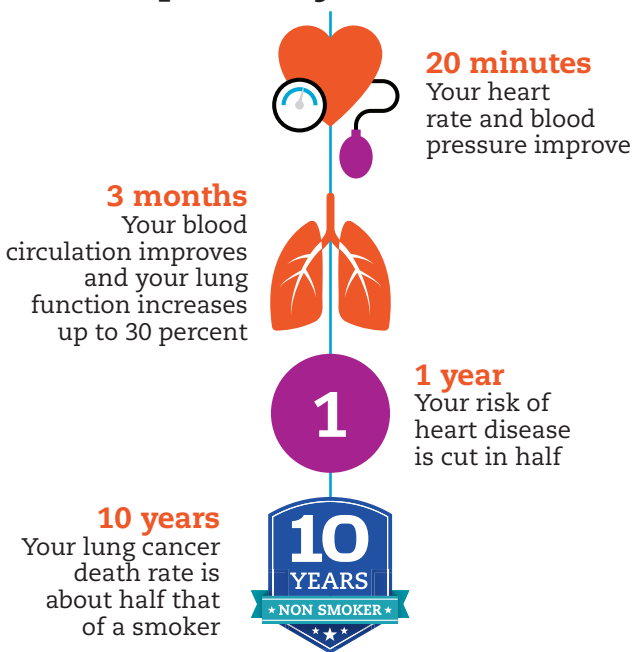
Hartford Hospital Community Health
132 Jefferson St, Hartford
860.972.9300

To learn more contact:

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Hartford 
HealthCare

How Quitting improves your health



Get Help Quitting

Quitting smoking/vaping can be hard and may require multiple tries. The good news is there are proven treatments – medications and counseling – that can improve your chances of quitting for good.

Reasons to Quit

HEALTH

Chances of cancer, heart disease, stroke, chronic obstructive pulmonary disease (COPD), and other diseases goes down. Easier breathing and less coughing.

FAMILY AND LOVED ONES

More time to spend with family and loved ones. Set a good example for children & keep them safe from the danger of secondhand smoke.

LIFESTYLE

More time and energy to do the things you love. More money to spend.