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:
Program Coordinator: Ricardo Rico, BSW, TTS
860.972.3668
ricardo.rico@hhchealth.org
How Quitting improves your health

- **10 years**
  - Your lung cancer death rate is about half that of a smoker

- **3 months**
  - Your blood circulation improves and your lung function increases up to 30 percent

- **20 minutes**
  - Your heart rate and blood pressure improve

- **1 year**
  - Your risk of heart disease is cut in half

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.