

NEW VIRTUAL OPTION!



Quit Smoking Today!

The Butt Stops Here® is an award-winning program that has helped thousands to stop smoking! Our new virtual program is only open to St. Peter's Health Partners colleagues, and there is no out-of-pocket cost. Our program consists of seven one-hour sessions and includes a workbook and two weeks of nicotine patches or gum. Pickup or delivery of the workbook and patches or gum will be arranged. Group support, facilitator-led.

Virtual Class

For this group you will need access to a phone or a computer, and will be able to call in or join online. Video is optional for participants who have a webcam. If using a computer, the facilitator and all participants using a webcam will be visible. For those using a phone, you will hear the audio of the session.

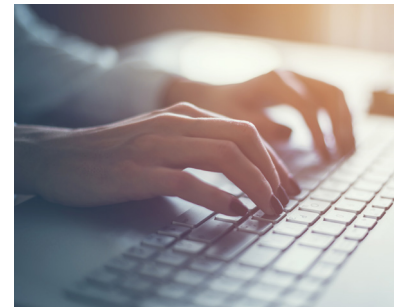
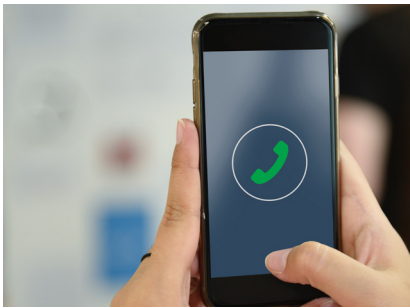
Ashley Lewis, Facilitator

Thursdays | 3:30 - 4:30 pm

January 24 - March 7

REGISTER TODAY!

(518) 459-2550 or sphp.com/classes-events



ST PETER'S HEALTH
PARTNERS

A Member of Trinity Health



Quit Smoking Today!

The Butt Stops Here® is an award-winning program that has helped thousands to stop smoking! The program fee is \$45 and the Medicaid fee is \$20. There is no fee for CDPHP participants. Check with your insurance provider to see if the program is covered. If cost is a concern, please contact us. Our 2019 program consists of seven one-hour sessions and includes a workbook and two weeks of nicotine patches or gum. Group support, facilitator-led.

Therese O'Callaghan, Facilitator

Samaritan Hospital

St. Mary's Campus,

1300 Massachusetts Ave., Troy

Tuesdays, January 15 - February 26

3:30 - 4:30 pm

Saturdays, September 14 - October 26

10 - 11 am

Main Campus, 2215 Burdett Ave., Troy

Tuesdays, November 5 - December 17

3:30 - 4:30 pm

Clifton Park Family Practice

1 Tallow Wood Drive, Clifton Park

Tuesdays, April 16 - May 28

5:30 - 6:30 pm

Capital Region Family Health Center

2 Empire Drive, Suite 110, Rensselaer

Wednesdays, July 17 - August 21

6 -7 pm

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(518) 268-6442 or sphp.com/classes-events

Want more support?

Call the NYS Smokers' Quitline at **1-866-NY-QUITS (697-8487)**.

The NYS Smokers' Quitline provides free counseling.

Most people are also eligible to receive nicotine patches.



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Anne Lawton, Facilitator

St. Peter's Hospital

Cancer Care Center, 317 S. Manning Blvd., Suite 100, Albany
Mondays | 6 - 7 pm

January 7 - February 18

March 4 - April 15

April 29 - June 17*

July 8 - August 19

September 9 - October 21

November 4 - December 16

*No class on Memorial Day, May 27

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The Courage to Quit - FREE of charge! No registration required.

Capital City Rescue Mission.....(518) 725-4465

City Mission of Schenectady.....(518) 346-2275, ext. 329



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