



Smoking Cessation Program

Help to **quit smoking** is here, and it's **free**

Taking preventative measures can go a long way in helping you avoid lung cancer. The best way to do so is with a successful smoking cessation program. Attend one of our free seminars where you will receive personalized support from our team of experts who are here to help you quit smoking for good.

At the end of the seminar you will have the option to choose one of the following:

- Sign up for a self-guided ALA program
- An appointment with Interventional Pulmonology NP for one-on-one counseling
- Opt for no further assistance

2023 program

Tuesdays
1:30–3 pm
Coliseum Room

January 3 and 17

February 7

March 7 and 21

April 4 and 18

May 2 and 16

June 6 and 20

July 18

August 1 and 15

September 5 and 19

October 3 and 17

November 7 and 21

December 5 and 19

Questions? 504.897.8236

Registration is not required.

touro.com/lung

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Get Help 
SMOKING CESSATION TRUST