

## Commit to Quit! Group Program

Thinking about quitting smoking or vaping?  
Not sure where to start?

Join others in their journey in our **free** Commit to Quit! group program, led by our expert team of certified nicotine dependence counselors.

The program is based on four pillars – Awareness, Support, Planning and Goals.

The six-session, weekly program is offered virtually. Internet access is required.

***The next 60-minute session is from 5 – 6 p.m. Thursday, November 7.***



### Register Today!

Visit [CommitToQuit.urmc.edu](https://CommitToQuit.urmc.edu).

*No referral needed.*

*Anyone can register.*

### Questions?

Call our team at (585) 602-0720 or  
email us at

[healthy\\_living@urmc.rochester.edu](mailto:healthy_living@urmc.rochester.edu).

### Session topics include:

**November 7: Find Your Why**

**November 14: Breaking the Chain**

**November 21: Exploring Quit Aids**

**December 5: Engage Your Support System**

**December 12: Stress as a Trigger**

**December 19: Staying the Course**

*The program is flexible – you can choose which sessions you want to attend. Come for one or come for all of the sessions.*

*No Internet access? Check with your local library to see if they have a computer available for you to use for telehealth appointments.*