

Commit 2Quit



COMMIT TO QUIT!

Quitting tobacco and nicotine can be tough, but you don't have to do it alone.

Studies show that taking medicine and getting coaching can make it much easier to quit.

Medication can improve your chances of quitting successfully!

We can help you quit smoking by giving you info on medication options. We'll make a plan just for you based on your nicotine dependence.



Receive coaching and support

One-on-one and group coaching to help You quit.



It's never too late!



Minutes

Heart rate and blood pressure drop



Weeks

Circulation and lung function improves



Hours

Carbon monoxide level returns to normal



Months

Coughing and shortness of breath decreases



1 Year

Risk of coronary heart disease is halved



10 Years

Risk of lung cancer is halved



15 Years

Risk of stroke and heart attack is the same as someone who has never smoked before!

415 Lower Main Street, Hudson Falls, NY 12839

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