



INSPIRA QUIT CENTER

LGBTQ+ NJ QUIT GROUP

When you're **ready to quit**, the Inspira Quit Center is **ready to help**.

Looking for Help to Quit Tobacco/E-Cigarette Use?

The Inspira Quit Center is here for you. Whether you are trying to quit for the first time, or the tenth time, we can help you quit smoking, chewing, or vaping. Our trained experts understand the science behind physical and emotional nicotine addiction and the most proven methods to quit.

WHERE:

- Your device from any location

WHEN:

- Monday evenings on Microsoft Teams

**Contact Certified Tobacco Treatment Specialist
Tiffany Carter (She/Her) to learn more:
856-641-6024**



The Inspira Quit Center offers a welcoming, supportive, and safe environment for everyone.



This program is supported by the New Jersey Department of Health (NJDOH), Division of Community Health Services (DCHS), Office of Tobacco Control and Prevention (OTCP).