

# Want to Quit Tobacco? Start today.



Smokers are more likely to face increased risk of developing a serious infection from the coronavirus.

Smokers can reduce the risk of a serious COVID-19 illness by quitting.

**Join our 7-week FREE on-line (virtual) group tobacco cessation program.**

**You DO NOT have to quit before starting the group!**



**Pre-registration is required.**

**For available dates:**

1. Open your mobile device camera app
2. Zoom in on the square **OR**
3. Register using this link: [sphp.com/quitsmoking](https://sphp.com/quitsmoking)



Questions about registration? Email us at: [buttstopshereny@gmail.com](mailto:buttstopshereny@gmail.com)

The Butt Stops Here is committed to participation by all regardless of age or disability. Please contact us if you require special accommodations to participate or even if you are unsure. We will do our best to meet those needs. Email us at: [buttstopshereny@gmail.com](mailto:buttstopshereny@gmail.com)

