



Tobacco Free for Life Program



The Tobacco Free for Life Program provides the following tobacco cessation services:

- FREE Nicotine Replacement Therapy (NRT) Products – Patches, Gum and Lozenges.
- FREE cessation support classes – morning and evening classes available. Virtual and in-person classes.
- Easy phone Registration – you must register and speak with a cessation counselor to receive NRT. Class participation is voluntary but encouraged.
- Follow-up support throughout your entire quitting journey plus FREE NRT while supplies last.

Use the following links to participate in the groups. Note the Monday 10am group is Virtual ONLY and the Monday & Thursday 5:30pm groups are offered both virtually and in-person.

VIRTUAL Only GROUP:

Monday 10am-11am Telegroup:

Join by phone

(US) +1 617-675-4444 PIN: 466 371 093 9321#

Join using your computer

Google Meet: meet.google.com/szn-cduv-yrx

HYBRID Groups:

You may choose to attend IN-PERSON OR CALL into these GROUPS

(NOTE: For in-person groups - The building closes at 4:30pm. I will start checking for folks about 5:25pm to let you in. If you come after group has started, please call my cell phone 240-537-9901 for me to let you in.)

Monday 5:30pm-6:30pm

In-Person location: 925 N. Burhan's Blvd., Hagerstown MD

Join virtually using these links:

Join by phone

Phone: 1-617-675-4444 PIN: 314-759-880-6675#

Join using your computer

Google Meet: meet.google.com/ama-psng-shm

Thursday 5:30pm-6:30pm

In-Person location: 925 N. Burhan's Blvd., Hagerstown MD

Join virtually using these links:

Join by phone

Phone: 1-617-675-4444 PIN: 674-843-228-5302#

Join using your computer

Google Meet: meet.google.com/pfo-ectw-mpd

