



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

Monday 5:30pm-6:30pm

In-Person location:

Western Maryland Hospital Center

1500 Pennsylvania Avenue, Hagerstown, MD 21742

Go in the front door and go to front desk to check in.

[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:

Western Maryland Hospital Center

1500 Pennsylvania Avenue, Hagerstown, MD 21742

Go in the front door and go to front desk to check in.

[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

