

Quitting Tobacco Is Tough Enough...Don't Do It Alone!

Are you or a loved one struggling with tobacco addiction?

Whether you are ready to quit today, or simply thinking about it
RWJBarnabas Health Institute for Prevention and Recovery (IFPR) will provide you
with the support and the tools you need to succeed!

We have Certified Tobacco Treatment Specialists available to help!

Offering services focused on tobacco & nicotine addiction.

Come start the process **today!**

*We will help you establish a realistic quit date and provide support and guidance
throughout your entire quit experience. We provide evidence based treatment,
Nicotine Replacement Therapy (NRT), group, and individual sessions.*

****THIS IS CONFIDENTIAL****

CALL OR EMAIL FOR AN ASSESSMENT TODAY

732-837-9416

Quitcenter@rwjbh.org

We serve Ocean, Monmouth, Middlesex, Union, Essex and Mercer County
(If you reside outside of these 6 counties, please do not hesitate to give us a call for further information.)

Funded by New Jersey Department of Health Office of Tobacco Free, Nutrition and Fitness



What We Do

**Provide multiple
pathways during your
unique quit experience**

**Provide individual or
group sessions tailored
to your schedule**

**Informational
presentations in your
community or at your
workplace on how staff
and others can utilize
these services!**