

# SUFFOLK COUNTY DEPARTMENT OF HEALTH SERVICES



Are you interesting in stopping smoking, vaping, chewing or using any other form of tobacco? If so, register for the FREE six-week Learn To Be...Tobacco Free Program near you!

Over-the-counter Nicotine Replacement Therapies are available for a nominal fee.

## *Did you know....*

- When you stop using tobacco products, your body begins to repair itself immediately!
- Within 8 hours after you stop smoking, breathing becomes easier!
- After one year of not smoking, your risk of dying from a heart attack is cut **in half**!

Next class location:

Mastic-Moriches-Shirley Library, 407 William Floyd Highway, Shirley, NY  
Starting Wednesday, November 5, 2025 at 6:00 PM

Please call 631-853-2928 or 631-853-4017 to register

