

## Take the Quiz:

- Have you ever tried to quit?
- Are you embarrassed about your smoking?
- Does your smoking cause health problems?
- Does your smoking cause problems at home or work?
- Are you tired of tobacco controlling your life?
- Has your doctor said to quit?
- Do you really want to quit?
- Are you concerned for your loved ones?

**If you said YES  
to any of these questions,  
we can help you!**



### **Offering two convenient New Brunswick, NJ locations:**

Rutgers Cancer Institute of New Jersey  
195 Little Albany Street

Clinical Academic Building  
125 Paterson Street, Suite 2300

### **Supported by:**

Rutgers Cancer Institute of New Jersey  
Rutgers Robert Wood Johnson  
Medical School  
Rutgers School of Public Health

### **Tobacco Dependence Program**

125 Paterson Street, Suite 2300  
New Brunswick, NJ 08903  
Phone: 732-235-8222

Email: [stopsmoking@rutgers.edu](mailto:stopsmoking@rutgers.edu)  
[www.tobaccoprogram.org](http://www.tobaccoprogram.org)

**RUTGERS**  
THE STATE UNIVERSITY  
OF NEW JERSEY

Rutgers, The State University of New Jersey

# Tobacco Dependence Program

**Get the help you need  
to quit smoking**

**Call 732-235-8222**

**[www.tobaccoprogram.org](http://www.tobaccoprogram.org)**



**We are here to help you quit!**

## Why call us?



### Reasons to quit

- Look and feel healthier
- Set an example
- Live longer
- Smile brighter
- Save money
- Breathe easier
- More energy
- Control your life



### Reasons to come see us

- You want to quit
- You are thinking of quitting
- You quit a short time ago and want support to stay quit
- You want to help a loved one
- Your doctor told you to quit



## How can we help?

### Quitting is hard...

The experts in our program understand that quitting is not easy. We know that smoking gets your body hooked on tobacco.

When you try to stop, you can feel:

- Nervous
- Tense
- Hungry
- Moody
- Sad
- Cravings

These feelings make it very hard to quit, but with our support, you can beat these feelings and quit for good!

**The care we give  
can help raise your chances  
of quitting!**



## What can I expect?

### At our program, you will:

- Meet with trained experts
- Learn about tools that can help you quit
- Make a plan that works for you

### Your plan can include:

- One-on-one support
- Group support
- Nicotine medicines (patch, gum, inhaler, spray, lozenge)
- Other medicines such as Chantix®, Zyban®, or Wellbutrin®

**Call 732-235-8222 or  
email [stopsmoking@rutgers.edu](mailto:stopsmoking@rutgers.edu)  
to get started**



**The Tobacco Dependence Program can help you quit!**