

Free Smoking Cessation Programs



Get the extra boost you need to quit for good. This course is taught by an experienced facilitator with a proven approach to smoking cessation. Call 855.218.2435 to register for a FREE program or visit MedStarHealth.org/StopSmoking.

Hampden Family Center - 1104 W. 36th St., Baltimore

American Cancer Society *Freshstart*®, a four-week program taught by Deborah Bena, MA, BSN, RN, Certified Smoking Cessation Facilitator **Tuesdays, April 2 -23 • 5:30-7 p.m.**

MedStar Franklin Square Medical Center

Stop Smoking Today, a six-week program taught by Karen R. Polite-Lamma, MSN, RN, CTTS, Certified Tobacco Treatment Specialist **Wednesdays, April 24-May 29 • 10 a.m.-noon** and Michelle Holcomb, RN, BSN, TTS, Tobacco Treatment **Thursdays, May 16-June 20 • 6-8 p.m.**

MedStar Good Samaritan Hospital Good Health Center

American Cancer Society *Freshstart*®, a four-week program taught by Karen Kansler, MA, BSN, RN, Certified Smoking Cessation Facilitator **Thursdays, July 11- Aug. 1 • 5:15-6:30p.m.**

MedStar Harbor Hospital, Empowerment Room, Ground Floor

American Cancer Society *Freshstart*®, a four-week program taught by Pamela Trombero, MBA, TTS, Tobacco Treatment Specialist **Wednesdays, April 17-May 8, May 29-June 19 • 6-7:30 p.m.**

MedStar Health Bel Air Medical Campus, Room 1104

Six-week program taught by Linda Pegram, MA, MPH, CTTS, Certified Tobacco Treatment Specialist, **Tuesdays, April 30- June 4 • 6-7:30 p.m.**

Shepherd's Clinic/Joy Wellness Center, 2800 Kirk Ave., Baltimore, MD 21218

American Cancer Society *Freshstart*®, a four-week program taught by Deborah Bena, MA, BSN, RN, Certified Smoking Cessation Facilitator **Thursdays, Aug. 22 - Sept. 12 • 2-3:30 p.m.**



MedStar Health
Cancer Network

Knowledge and Compassion
Focused on You