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!

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

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
www.tobaccoprogram.org

We are here to help you quit!
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!

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

The Tobacco Dependence Program can help you quit!