

Nicotine-Free Support Group



The decision to quit smoking is one of the most important things you can do for your health. It isn't easy but we're here to help!

Join us in this completely judgment-free zone, where you can share your struggles and successes, learn about resources and tools to aid in your quit-smoking journey, and meet members of our staff who will be with you every step along the way.

Our program includes six rotating sessions, so you can join us anytime!

**2nd and 4th Wednesday of every month
4:30-6 p.m.**

UCHealth Longs Peak Hospital
Third Floor, Conference Room A
1750 E. Ken Pratt Blvd.
Longmont, CO 80504

Support group classes are free, but please register in advance at: LPHquitnow@uchealth.org

Questions? Email LPHquitnow@uchealth.org



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