

# Tools to help you quit smoking!



Have you tried to quit smoking? Have you relapsed with nicotine?

Do you need support to quit?

Are you sick or having medical problems because of your smoking?

Now is the opportunity, for you are not alone and the support that you need is here...

Borinquen Medical Centers offer group counseling to quit smoking!



We offer individual sessions, a 90 minutes class and the 6 weeks program for an hour, one day a week.

Groups are Free\*



**NICOTINE  
REPLACEMENT  
THERAPY (NRT)  
AVAILABLE FOR  
FREE (PATCHES,  
NICOTINE GUM,  
LOZENGES)  
APPROVED BY THE  
FDA) AND  
COUNSELING TO  
SUPPORT YOU TO  
QUIT SMOKING.**

**CALL NOW!**

**(305)576-6611 EXT.  
1801 / 1803  
GLORY ANN ZAPATA,  
M.S, TTS**

Location:

3601 Federal Hwy.  
3<sup>rd</sup> floor  
Miami, FL 33137