

# Thinking about quitting?



Join us for **TOBACCO FREE TUESDAYS...**

(A weekly group meeting for guidance and support)

Call (203) 630-4003 or E-mail  
**BeTobaccoFree@meridenct.gov**



Meetings are held most Tuesdays at 5:30 pm  
in the Health Department Clinic at  
165 Miller Street in Meriden

Remember... quitting is easier with HELP!

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