

Commit to Quit! Group Program

Thinking about quitting? Not sure where to start?

Join others in their quit journey in our **free** Commit to Quit! group program, led by our expert team of certified tobacco counselors.

Curriculum is based on four pillars – Awareness, Support, Planning and Goals.

The six-session, weekly program is offered virtually. Internet access is required.



Learn More:



No referral needed. Anyone can register.

Questions?

Call our team at (585) 602-0720 or
email us at
healthy_living@urmc.rochester.edu.

Session topics include:

Session 1: Find Your Why

Session 2: Breaking the Chain

Session 3: Exploring Quit Aids

Session 4: Engage Your Support System

Session 5: Stress as a Trigger

Session 6: Staying the Course

The program is flexible – you can choose which sessions you want to attend. Come for one or come for all of the sessions.

No Internet access? Check with your local library to see if they have a computer available for you to use for telehealth appointments.