It's never too late to try.

Our coaches are here to talk with you about quitting.

When you’re ready, they’ll help you make a plan and develop the tools you’ll need.

Ask your doctor about quit-smoking medications.

Using coaching and medication will increase your chances of quitting for good.

One-on-one coaching to quit smoking (or using other forms of tobacco) is offered at these MGH locations:

- Revere HealthCare Center
- Chelsea HealthCare Center
- Everett Family Care
- Charlestown HealthCare Center

Early evening hours are available in most locations.

Coaching is available in Spanish and English.

Call Living TOBACCO-FREE 781-485-6210 for more information or to make an appointment.

MGH Community Health Associates
Tel: 781-485-6210
We are glad you are thinking about quitting tobacco. It's the best thing you can do for your health.

Some people who come to our program are ready to quit right away. Others aren't so sure. If you're ready to quit very soon, we'll help you make a plan that works for you. Even if you're not sure about quitting, we can still help you, so please call us.

Among smokers, people who use coaching, a stop smoking medicine, and get help from their family and friends more than double their chances of quitting for good.

Our Quit-Tobacco Coaches offer FREE* one-on-one coaching for patients interested in quitting or talking about quitting smoking or other forms of tobacco. They will:
- help you figure out how to avoid your triggers.
- help you figure out other ways to manage stress.
- help you figure out how to limit any weight gain.
- work together with you.

Early evening hours are available in most locations.

Coaching is available in Spanish and English.

Our coaches see patients at these health centers.
- MGH Revere HealthCare Center
- MGH Chelsea HealthCare Center
- MGH Everett Family Care
- MGH Charlestown HealthCare Center

* Each visit is FREE, and there are no co-pays.

WHEN SMOKERS QUIT

20 minutes—Blood pressure and pulse rate drop to normal.

24 hours—Chance of heart attack decreases.

2 weeks to 3 months—Circulation improves, walking becomes easier, lung function increases.

1 to 9 months—Coughing, sinus congestion, and fatigue decrease.

5 years—Lung cancer death rate decreases.

10 years—Lung cancer death rate similar to that of non-smokers.

15 years—Risk of coronary heart disease is the same as that of non-smokers.

When you use medicine and coaching, you improve your chances of quitting for good!

CALL US to make an appointment or for more information
781-485-6210