



Southeastern PA Tobacco Control Project *Virtual Support Group*

The Tobacco Treatment Program may have ended but we are still here to support you through your journey. Join us to discuss your progress, your struggles, and next steps to help set you free from tobacco use.

Support Group meets monthly on Zoom.
For dates, time and zoom link contact:

Lynn Heyman
lheyman@phmc.org



"This project is supported by the Health Promotion Council and funded through a grant from the Pennsylvania Department of Health."