



Smoking Cessation Programs

Quitters Win

Every Monday at Athol Hospital (2033 Main Street Athol)

6:00 - 7:00 pm Class

Free and open to all

Quitters Win

Every Wednesday at The People's Place (73 City Hall Avenue Gardner)

6:30 pm Orientation for new members, 7:00 - 8:00 Class

Free and open to all

Both programs offer optional carbon monoxide screening, telephonic coaching, and text messaging at no cost.

Other Related Groups:

BETTER BREATHERS SUPPORT GROUP

BETTER BREATHERS CLUB — The Better Breathers Club is designed to provide a source of ongoing education and support for individuals with breathing problems and lung disease, along with their families and friends. The topics of the meetings are suggested by the group members and are presented by a variety of guest speakers. The meetings are held in a relaxed atmosphere and conversation between group members on experiences or coping techniques is encouraged. The group meets on the first Monday of every month (except for Jan., Feb., July, Aug. and Sept.) from 2:30 p.m. to 3:30 p.m. in the Heywood Hospital Dining Room Conference Room. The program is co-sponsored by the American Lung Association. For more info. regarding the Better Breathers Club, contact Cardiopulmonary Services at 978-630-6222.