



**Massey Cancer Center is offering free education and peer support groups to patients with a cancer history who want to stop using tobacco.**

## **GROUP MEETING TIMES**

### **Tuesday - Stony Point**

10 a.m.-noon

2:30 p.m.-4:30 p.m.

### **Wednesday - Adult Outpatient Pavilion**

10 a.m.-noon

2:30 p.m.-4:30 p.m.



**VCU**  
Health™

# YOU CAN QUIT SMOKING. WE CAN HELP.

A BREATH OF FRESH AIR

**Massey Cancer Center patients who have been diagnosed with cancer – even those who are in remission – are invited to join *A Breath of Fresh Air*.**

## YOU MAY BE INTERESTED IF...

- ➔ You want to quit smoking, vaping, or using other tobacco products
- ➔ You are willing and able to attend in-person group sessions

## WHAT WILL HAPPEN IN THIS PROGRAM?

- ➔ You will meet in a group weekly for six weeks
- ➔ You will learn about cancer and smoking, FDA-approved medications to help you quit, skills to help you cope with cravings, and more!
- ➔ You will be able to talk to others who are also trying to quit smoking and build a social support network to help you meet your goals



**To sign up for a group, please call 804-628-8920.** You will be asked some questions about your goals, your tobacco use history, and your schedule.

If you want to quit smoking but aren't able to attend groups, give us a call anyway! We can provide you with additional resources and program information.

*If you are not a patient at Massey, you can access our free smoking cessation services by emailing [wecanquit@vcu.edu](mailto:wecanquit@vcu.edu).*