

Quit Now With The Butt Stops Here

Ellis
MEDICINE

MVP[®]
HEALTH CARE

A Tobacco Cessation Program in Partnership with Ellis Medicine

The **Butt Stops Here** is a six-week, award-winning program that can help you quit smoking or using any other tobacco products. The program includes a workbook, relaxation CD, and two weeks of nicotine patches or gum. **Join the thousands of other people who used this program and quit tobacco today!**

Wednesdays, 6–7 pm

Join us for any of the following six-week sessions. Please plan to attend all six classes in the session you choose.

June 13–July 25 (*July 4 off*)

August 8–September 12

September 26–October 31

November 14–December 19

Ellis Medicine McClellan Street Health Center

Sleep Center Conference Room (*Fourth Floor*)
600 McClellan Street, Schenectady

For more information, contact:

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Or call 518-831-6957

These programs are **FREE** for MVP members.

\$45 for non-MVP members.*

\$20 for non-MVP Medicaid plan member.

*Participants should check with their individual health insurance plans to see if there is reimbursement for participation in this program.

