



Make 2021 Your Year to Shine Unwrap the Gift of a Tobacco Free Life

Are you ready to break free from tobacco?
Join us for a live Zoom event to help you prepare for your quit journey.

**Wednesday, December 16
3:00 - 4:00 pm**

Speakers

Dr. Jan Duus, Medical Oncologist/Hematologist, FitzPatrick Cancer Center
Troy King, RN, Certified Tobacco Treatment Specialist, Alice Hyde Medical Center
Stephanie Leffler, MS, Family Nurse Practitioner, Alice Hyde Medical Center
Katrina Kraft, Personal Success Story

And More

Event features: success stories, tips and tricks to quit tobacco successfully, resources available to help and question and answer session.

FREE AND OPEN TO ALL

Visit UVMHealth.org/CVPHVirtualLecture for tips on how to join the live event. No registration required.
Call Marketing & Communications at (518) 562-7320 for more information.

This panel presentation is made available through a collaboration between the FitzPatrick Cancer Center, Tobacco-Free Clinton, Franklin and Essex Counties and the North Country Healthy Heart Network.



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