

YOU CAN QUIT SMOKING

THE WESTCHESTER COUNTY HEALTH DEPARTMENT CAN HELP

Westchester County offers FREE Freedom From Smoking programs to help you quit.

Freedom from Smoking

This 7-week program from the American Lung Association includes weekly or bi-weekly meetings, in person or virtual, with leaders who share proven techniques, provide free nicotine patches/gum, and help you monitor your progress and conquer roadblocks. Take the first step today.

People who use the Freedom From Smoking® Group Program are six times more likely to be tobacco-free one year later than those who try to quit on their own.

Freedom From Smoking Programs Near You:

In Mount Vernon:

Westchester Community Health Center

Contact: Ndeye Yacine Loum
914-699-7200 ext. 1504
nloum@wchchealth.org

In New Rochelle:

United Community Center of Westchester

****Se habla español****

Contact: Saida Agustín
914-813-2896
info@uccenter.org

In Yonkers:

City of Restoration Ministries (Yonkers)

Contact: Pastor Theresa Fraser
cityofrestorationyonkers@gmail.com

Prophet Elias Greek Orthodox Church

Contact: Rev. Nikolas Delaveris
(914) 963-3638
fathernikolas@prophetelias.org

In White Plains:

The LOFT LGBTQ+ Community Center

Contact: Darby Allison-Dugue
(914) 948-2932 ext. 13
darby@loftgaycenter.org



George Latimer, County Executive
Sherlita Amler, MD, Commissioner
Department of Health

