

## ARE YOU THINKING ABOUT QUITTING SMOKING?



Come to a **FREE** Introductory Workshop and **Great American Smokeout Celebration!**  
Conducted by an American Cancer Society's Trained and Certified Fresh Start Facilitator:  
**VICTORIA SALZMAN**

- Strategies for quit day and every day
  - Free literature from the American Cancer Society
- Information about The Fresh Start Program and support groups
  - Stress reduction techniques
  - Tips for avoiding weight gain

**Date: Thursday, November 15, 2012 – The Great American Smokeout**

**Time: 6:00-7:30 PM**

**Place: First Unitarian Universalist Society of Albany  
405 Washington Ave., Albany, NY /Room: B-8**

### **Victoria Salzman:**

- MAYO Clinic Certification for Smoking Cessation Interventionist, NYS Psychiatric Institute, Columbia University, NYC
- Assistant Research Scientist and Smoking Cessation Counselor, Smoking Cessation Clinic, NYS Psychiatric Institute, Columbia University, NYC
- Smoking Cessation Facilitator, St. Vincent's Catholic Medical Center, NY Health and Racquet Club, American Cancer Society, Lenox Hill Hospital's Cardiac Rehab Clinic, YMCA, NYC
- Coordinating Manager, Tobacco Cessation Program, Woodhull Medical Center, North Brooklyn Health Network, Brooklyn, NY
- Research Associate, NY Presbyterian Hospital Department of Radiology, studied the effects of CT Scan lung cancer detection on smoking behavior
- Smoking Cessation Facilitator, privately, corporations, law firms, government agencies
- Instituted Smoking Cessation Support Groups at Beth Israel Medical Center, NYC, Lenox Hill Hospital, NYC, NY Health and Racquet Club and Woodhull Medical Center, Brooklyn, NY
  - 24 years off cigarettes /Quit smoking with the ACS Fresh Start Program
    - **For more information: 518-512-3285, Vsartny@aol.com**