



IS THIS YOUR YEAR TO QUIT SMOKING?

**IS IT TIME TO REALLY MAKE THAT NEW YEAR'S RESOLUTION
A REALITY?**

Come to a **FREE Introductory Workshop**

Conducted by an American Cancer Society's Trained and Certified

Facilitator: *VICTORIA SALZMAN*

- **Free literature from the American Cancer Society**
 - **Information about The Fresh Start Program**
 - **Discussion of Nicotine Replacement Therapy**
 - **Stress reduction techniques**
 - **Tips for avoiding weight gain**
 - **Strategies for quit day and every day**

Date: Monday, January 14, 2013 **Time:** 6:00-7:30 PM

Place: First Unitarian Universalist Society of Albany
405 Washington Ave., Albany, NY /Room: B-5.

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: 518-512-3285/646-784-4286, Vsartny@aol.com**