

Stop Smoking Support Group



**The group will meet on the second and fourth Monday of each month
5:30 to 7 p.m.**

Quitting can be hard, but you're not alone. UPMC Northwest offers a free smoking cessation support group that meets twice a month and provides the education and support smokers need to quit or cut back on smoking.

UPMC Northwest
100 Fairfield Drive
Seneca, PA 16346
Conference Room C

Use Main Lobby entrance - Second Floor by the ICU

Call 814-677-1463 for more information.