

Basics of Nicotine Addiction and Quitting

Date: Monday, November 13, 2023

Time: 12–1 pm (Eastern Time)



While quitting the use of nicotine and tobacco products may be difficult, the health benefits that come from that decision are profound. In this presentation, The Living Tobacco Free team provide an overview of the nicotine addiction model, which includes physiological, psychological, and social components. In addition, methods of quitting, including the use of nicotine replacement therapies, available medications, and tobacco cessation coaching will also be explored.

Featured Speakers:

Amy O'Malley and Susan Giarratani, TTS
MGH Living Tobacco-Free Program,
MGH Community Health Associates

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on this link: <https://partners.zoom.us/j/85653648477>
- Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.

For more information, call 617-724-7352 or email PFLC@partners.org



Blum Center Program Schedule

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