



# We can help you quit smoking.

Personalized treatment is now offered.

- Text messaging support
- Nicotine Replacement Therapy
- Available in English and Spanish

*All services are free of cost.*

To speak with a tobacco specialist,  
call 585-504-9461 or  
email [quitcenter@urmc.rochester.edu](mailto:quitcenter@urmc.rochester.edu)



WILMOT  
CANCER INSTITUTE

Community Outreach,  
Engagement and  
Disparities