

IT'S A NEW DAY...



Ready To Quit?

If you are between the ages of 18-45, you may be eligible to participate in a research program at the University of Vermont

Participants in the Study learn strategies to quit smoking and also decrease their anxiety!

- The study involves a total of 12 visits
- Free Nicotine replacement patches are included in the brief 4-session intervention
- Participants can also earn up to **\$142.50**

For more information or to set up an appointment, please contact the Anxiety and Health Research Lab at **(802) 656-0655**