

Quit Smoking and Break Through to Better Health!

Please
Contact
TRIUMPH@jhmi.edu
or call
410.509.5320



Join our research study to build skills to help you quit.
Improve your health through exercise as you take steps to quit.
You don't have to quit right away!

We are looking for people who are receiving
mental health services and are:

- 18 years or older
- Currently smoking
- Thinking about quitting

Join the TRIUMPH study for:

- Medications to help quit smoking
- Quit smoking groups and individual coaching sessions
- Exercise classes and weight management counseling

TRIUMPH
QUIT SMOKING STUDY



Break through and
Improve your health

If you would like to learn more, please contact TRIUMPH@jhmi.edu or call 410.509.5320