Quit Smoking and Break Through to Better Health!

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

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