

Quitting smoking/vaping is the best thing you could do for your health. Even if you are not ready to quit today, we are here to help!

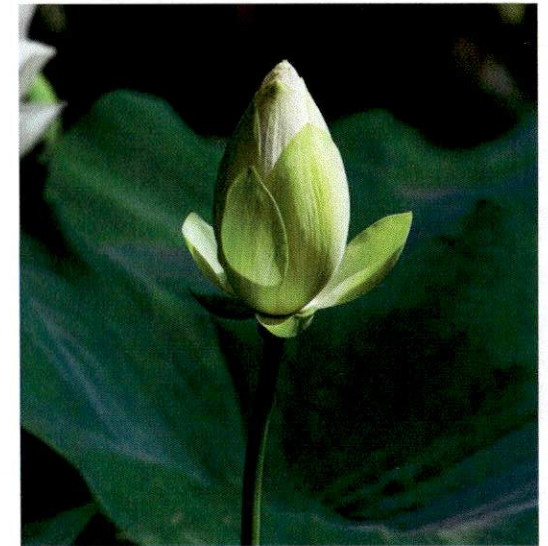
The Motivational Interviewing for Nicotine Dependence – MIND Online support program was created to help you reach your goals.

Over the next month, we would like you to spend 30 minutes twice a week in an online meeting with a Doctor in Training, your Recovery Coach.



Zsuzsa Meszaros, MD PhD
750 East Adams Street, PBS 210
Syracuse NY 13210

Recipient Name
Address
City, ST ZIP Code



Motivational Interviewing for Nicotine Dependence - MIND

**MIND
ONLINE**

**#MORE THAN SMOKING
CESSATION**

Support for Nicotine free living

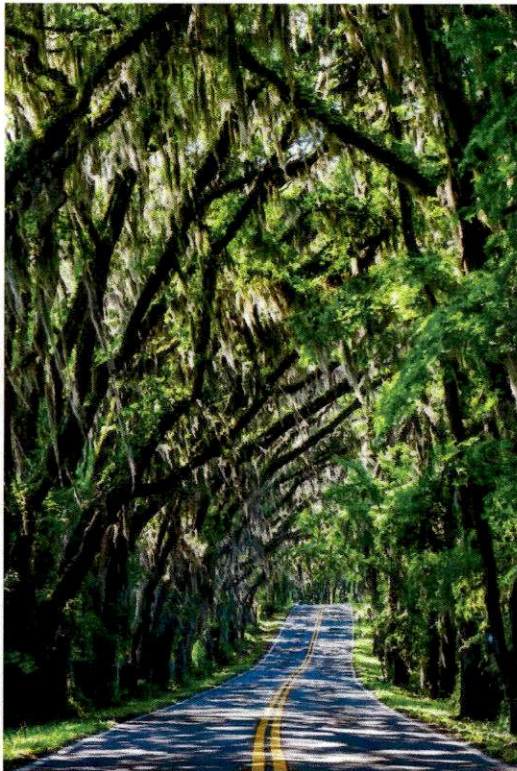
*Would you like to cut back or quit
smoking or vaping?*

*Would you like to earn \$20 and a
chance to win a \$200 gift card?*

This is an evidence based smoking cessation program where Doctors in Training (medical students from Upstate Medical University) will help you to quit or cut back on smoking/vaping.

Sessions will be supervised by

Zsuzsa Meszaros, MD, PhD
Professor of Psychiatry
SUNY Upstate Medical University
E-mail: Meszaroz@upstate.edu
Phone: 315-464-1705



Here is what you can expect:

- You will receive 8 sessions of one-on-one counseling (motivational interviewing) in 4 weeks, 2 sessions every week
- Each session is 30 min long, and is 100% online
- You will receive \$20 for making it to the first session
- After each completed session you will receive a raffle ticket to win a \$200 Amazon gift card
- Together with your Doctor In Training (a medical student from Upstate Medical University) and the supervising physician you will develop a personalized quit smoking plan
- If you are interested, you may receive prescription for medication to help you quit or cut back on smoking/vaping

SIGN UP TODAY!

***E-mail your name and
phone number to:***

meszaroz@upstate.edu



*“Giving up smoking is
the easiest thing in
the world. I know
because I've done it
thousands of times.”*

(Mark Twain)

You need to be 18 or older to sign up.

You will help not only yourself, but future generations of doctors to become better coaches for their patients.