

# ***Motivational Interviewing for Nicotine Dependence – MINDonline***

- 8 sessions of 1-on-1 counseling over 4 weeks; each session is 30 min long, and is 100% online
- \$20 for the first session and a chance to win a \$200 Amazon gift card at sessions 2-8.
- You develop a personalized quit smoking plan
- If you are interested, you may receive medications or nicotine replacement to help you quit
- Sessions are billed to insurance; copays and deductibles apply

**SCAN THIS QR CODE TO SIGN UP NOW!**



**SIGN UP TODAY by e-mailing your name and phone number to: [meszaroz@upstate.edu](mailto:meszaroz@upstate.edu)**