



Tobacco Cessation - Quit to Win!

Quitting Now Will Greatly Reduce Serious Health Risks

Are you ready to quit tobacco products but are not sure how to do it. The Wellness Clinic offers every month the American Cancer Society's "Freshstart " Tobacco Cessation course that will provide you with the skills, knowledge and strategies to assist you in reaching your goal of becoming tobacco free.

The tobacco program is held in four one hour sessions (twice a week for two weeks) focusing on the following topics:

Decide to Quit– Introduction

Starting a Plan Making the Decision to Quit

Why Quit? Ambivalence of Quitting

Risk factors of tobacco use Stages of Change

Benefits of quitting

Plan to Quit

Picking a Quit Date Quitting methods / techniques

Your three environments of tobacco use Medication Use

Coping with stress - what to do / not to do How to handle the cravings/withdrawals

Your Quit Date

Understanding Nicotine withdrawal The Four D's

Withdrawal Symptoms Benefits of proper nutrition

Stress Management

Staying Quit

Avoiding Slips/ relapse Tips to Stay Quit

Medication Use in tobacco cessation

Completing the Plan

Benefits of being tobacco free

For more information or registration contact the Wellness Clinic at (361) 961-3914.