

READY TO QUIT SMOKING OR CHEW?

Our FREE Program Can Help

Thinking of quitting smoking or chew but not sure where to turn?
Have you quit before and started again?

We understand that kicking tobacco is a difficult decision. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

YOU WILL LEARN ABOUT:

- The many benefits of quitting
- Strategies to help quit and stay quit
- How to cope with triggers like stress and boredom
- Medications that may be helpful

PROGRAM SCHEDULE:

- Takes place over eight, 60-minute Wednesday sessions
 - WINTER: 12:00pm-1:00pm; Jan 24-Mar 28
 - SPRING: 5:30pm-6:30pm; Apr 25-June 27
 - FALL: 12:00pm-1:00pm; Sept 26-Nov 28

TO REGISTER CONTACT:

Susan Krigel, PhD
913-945-7534

