

THINKING OF QUITTING?

We Can Help

Are you thinking of quitting smoking but you're not quite sure?

Have you quit before and started again?

Are you weighing the pros and cons?

Our smoking cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. The program respects your right to make your own decisions. Our program is interactive and patient-centered.

YOU WILL LEARN ABOUT:

- Addiction
- Strategies to help quit and stay quit
- Medications that may be helpful
- Relapse prevention

THE PROGRAM:

- Held periodically in rural communities across Kansas and W. Missouri
- Consists of four 90-minute sessions and two 60-minute sessions 2 and 4 weeks later
- Provided via Interactive Televideo
- Available to you with free materials from the Mayo Clinic Nicotine Dependence Center

CONTACT INFO:
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www.midwestcanceralliance.org

More options, close to home.