



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 Center offers a monthly tobacco cessation class 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:

➤ **Introduction - Developing a Plan**

- Starting a Plan
- What is nicotine?
- Benefits of quitting
- Quit methods
- Risk factors of tobacco use
- Stages of Change

➤ **Stress Management: Putting the Plan Into Action - How to Deal with Quitting**

- What is Stress and how it relates to tobacco use
- Your three environments of tobacco use
- Coping with stress- what to do / not to do
- Relaxation techniques
- Behavior change / how to balance it all
- How to handle the cravings/withdrawals

➤ **Mastering Obstacles: Nutrition / Weight Management**

- Nicotine triggers and food connection
- Stop the cravings
- Fad Diets and tobacco
- Benefits of proper nutrition

➤ **Staying Quit- Pharmacology: Medication Use**

- Medication Use in tobacco cessation
- Types of medication
- Completing the Plan

For more information contact the Wellness Center at (361) 961-3914.