



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 a four sessions focusing on the following topics:

➤ **Introduction - Developing a Plan**

- Starting a Plan - Quit methods
- What is nicotine? - Risk factors of tobacco use
- Benefits of quitting - 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 - Relaxation techniques
- Your three environments of tobacco use - Behavior change / how to balance it all
- Coping with stress- what to do / not to do - How to handle the cravings/withdrawals

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

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

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

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

For more information contact Primary Care Clinic at (817) 782-5909.