



Call It Quits!
Quit Assistance Program

STOP SMOKING CLASSES

WHEN: Tuesday's – October 28 ~ December 16, 2008
(*November 11th* is the last day to join)

WHERE: Santa Paula Hospital
825 N.10th. Street, Santa Paula CA, 93060

TIME: 5:30 pm – 6:30 pm

TO REGISTER: George Arce at 652-3377 Or,
Sandra Tovar at 652-3376

Session	Topics	Tuesday's
Sessions 1	Overview	October 28, 2008
Session 2	Smoking Urges	Nov. 4, 2008
Session 3	Quit Day / Health	Nov. 11, 2008*
	48 Hour Check- up	Nov. 13, 2008
Session 4	Weight & Exercise	Nov. 18, 2008
Session 5	Stress & Moods	Nov. 25, 2008*
Session 6	Handling Slips	Dec. 2, 2008
Session 7	Lifestyle Balance	Dec. 9, 2008*
Session 8	Life Without Cigarettes	Dec. 16, 2008

*Nicotine Replacement Therapy Product Pick Up plus December 23 & Jan.6.
Participants are not accepted after the second session.



Funded by Tobacco Settlement Dollars through Ventura County Public Health,
Tobacco Education & Prevention Program.