Program Goals

We'll provide a supportive environment to help you stop using tobacco. Learn to:

Choose the best method of quitting based on the most up-to-date information.

Understand the ways in which you are addicted to the tobacco habit.

Obtain information about the changes required to be tobacco-free.

Acquire the skills necessary to remain tobacco free for life.

Program Description

One **FREE** 1 1/2 hour class.

Presentations are also available at individual units.

Class Description

Discussion of contents of tobacco products, quit dates, proper use of nicotine patch/gum/Zyban™/ Chantix™, personal objectives.

Understanding withdrawal symptoms, triggers, long-term benefits of quitting, maintenance tips.

Impact of food cravings, identifying healthy alternatives while quitting tobacco.

Stress management, coping strategies, relaxation techniques, and how to avoid relapse.

One-on-One Counseling Available

Education for all eligible ID card holders.

For information or to sign up for classes, call the Semper Fit Health Promotion
703-784-3780/2205