



Ventura County



Public Health Department

*Tobacco Education Program
presents*

A FREE

STOP-SMOKING PROGRAM

at

Simi Valley Hospital

2975 N. Sycamore Drive • Simi Valley

Cafe Conference Room

**Garden Conference Room*

Mondays, January 9 - March 12, 2012

5:00 p.m. to 6:00 p.m.

This program is open to anyone who lives or works in Ventura County. Participants are eligible for free nicotine replacement therapy products (patches, gum or lozenges). Success depends on your commitment to attend and participate fully in the program.

Therefore, anyone with more than one excused absence will not be allowed to return. The program is closed to new attendees after session 2. To register, call **Sandra Tovar**, the stop-smoking program facilitator, at (805) 652-3376.

Session 1	Overview	Monday, Jan. 9, 2012*
Session 2	Smoking urges	Monday, Jan. 23, 2012
Session 3	Quit day/Health	Monday, Jan. 30, 2012
Check-In	48 Hour Check-In(phone)	Wednesday, Feb. 1, 2012
Session 4	Stress & moods	Monday, Feb. 6, 2012
Session 5	Weight & exercise	Monday, Feb. 13, 2012
Session 6	Handling slip-ups	Monday, Feb. 27, 2012*
Session 7	Lifestyle balance	Monday, March 5, 2012
Session 8	Life without cigarettes	Monday, March 12, 2012

Paid for by the tobacco settlement funds

Simi Valley Hospital

Adventist Health