



Ventura County Public Health Department

Tobacco Education Program

presents

A FREE STOP-SMOKING PROGRAM

at

**Simi Valley Hospital, North Campus
3015 N. Sycamore Drive • Simi Valley, CA
Room 528**

**Tuesdays, March 30 - May 18, 2010
5:30 p.m. to 6:30 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	Tuesday, March 30, 2010
Session 2	Smoking urges	Tuesday, April 6, 2010
Session 3	Quit day/Health	Tuesday, April 13, 2010
Check-In	48 Hour Check-In(phone)	Thursday, April 15, 2010
Session 4	Stress & moods	Tuesday, April 20, 2010
Session 5	Weight & exercise	Tuesday, April, 27, 2010
Session 6	Handling slip-ups	Tuesday, May 4, 2010
Session 7	Lifestyle balance	Tuesday, May 11, 2010
Session 8	Life without cigarettes	Tuesday, May 18, 2010

Paid for by the tobacco settlement funds

Simi Valley Hospital

— Adventist Health