



The Quit Smoking Now program is both interactive and fluid, taking into account the struggles unique to each participant’s situation. However, each session has a particular plan to it, intended to provide participants with the most effective cessation counseling possible.

SESSION ONE

- Learn the effects of nicotine and second-hand smoke
- Identify the nicotine replacement therapy (NRT) they will use to support the efforts to quit tobacco
- CHOOSE a quit day (for the entire group)
- Receive a reading of their carbon monoxide levels

SESSION TWO

- Identify reasons for smoking
- Learn the long-term and short-term benefits of quitting
- Identify “support buddies” from the class

SESSION THREE

- Calculate the personal cost of cigarettes
- Contact the members of the group for support
- Learn the symptoms of withdrawal and how to deal each of them

SESSION FOUR

- Learn and discuss how to deal with triggers of tobacco usage in the future
- Learn nutrition and healthier eating habits
- Learn about the benefits of physical activity as a tool for tobacco cessation
- Identify a stress outlet for day-to-day living

SESSION FIVE

- Learn stress management techniques
- Discuss one new *personal* nutrition/healthy eating goal
- Discuss one new *personal* exercise/physical activity goal
- Learn elements of positive lifestyle adjustments

SESSION SIX

- Share successful quit techniques with the group
- Acknowledge with the group the most difficult and most rewarding aspect of quitting tobacco usage
- VISUALIZE themselves as a tobacco free person!

ONGOING

- Relapse prevention sessions are available on a weekly basis off site



Quit Smoking Now

When a person quits the use of tobacco, they improve their health, their finances, and their quality of life. However, the process to quit tobacco use is often challenging and frustrating, which is why Northeast Florida AHEC is offering the “Quit Smoking Now” program.

Designed by the Florida AHEC Network, this program includes the following features:

- Six sessions of tobacco cessation education and guidance, each session building on the previous while addressing new question and concerns about the cessation process
Some of the topics discussed are:
 - The fundamentals of addiction
 - How to identify and handle “triggers”
 - How to understand and correctly use the Nicotine Replacement Therapies currently available
 - How to cope with withdrawal symptoms
 - How to avoid “slips” and “relapses”
- A trained tobacco cessation specialist who will lead participants through the often challenging process of tobacco cessation
- Opportunities for “graduates” of the program to join a relapse prevention program in the community.

The “Quit Smoking Now” program is available throughout the Northeast Florida Area. Community programs are free of charge, and programs may be available to local businesses and organizations interested in providing smoking cessation resources to their employees. Call 1-877-QUIT-IT-NOW for more information and registration details.