

# Freedom

## FROM SMOKING®

### Quit smoking for good!

Join this 8-week program to finally quit smoking.

#### Program Details

Dates:	January 18, 25, February 1, 8, 15, 22, 29 March 7
Location:	Davis Behavioral Health 934 S. Main Street, Layton
Time:	7:00-8:30
Cost	\$20.00
Registration:	Phone- 801-773-7060 (Angie)

The Program works in a small-group setting, with classes focused on the following topics:

- ◆ Thinking about, wanting to and preparing to quit
- ◆ Nicotine replacement therapy
- ◆ Smoking cessation medications
- ◆ Preparing for Quit Day
- ◆ Coping strategies
- ◆ Managing stress
- ◆ Avoiding weight gain
- ◆ Building a new self-image
- ◆ Handling a social situation
- ◆ Prevention relapse
- ◆ Avoiding secondhand smoke

