

# Tobacco Cessation Course Schedule



**During this five-week tobacco cessation program we will focus on a number of tools to help you quit tobacco for good. Here is a brief breakdown for each week's session.**

## **Session 1**

- Introduction
- Paperwork
- Carbon monoxide screening
- Are you ready to quit?
- Pack tracker
- Practice breaking routines

## **Session 2**

- Tracking smoking
- What is in tobacco
- Why do you smoke
- Decision making goals
- Discussion

## **Session 3**

- Goals from previous week
- Decision making goals
- Nicotine replacement therapy
- Triggers and rewards
- Setting a quit date and making a quit plan
- Discussion

## **Session 4**

- Goals from previous week
- Decision making goals
- Symptoms of recovery
- Stress management
- Quit plan
- Discussion

## **Session 5**

- Goals from previous week
- Overcoming a slip or relapse
- Relapse prevention
- Carbon monoxide screening
- Celebration and advice