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

Call (877) 274-4543 for more information.
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