

## **The First Life to Save is Your Own**

### ***Learn How to Quit Smoking for FREE!***

#### **Program Overview**

QuitCore is a **FREE** group program designed to help people quit smoking and is available in several cities and towns across Alberta. The 3 ½ month course includes 8 in-depth sessions that teach participants how to quit in the most effective way possible. Anyone looking to join an upcoming QuitCore group can call toll-free **1-866-710-QUIT [7848]**.

#### **Where and when is QuitCore offered?**

QuitCore is offered twice a year in the Fall and Winter throughout Alberta in the following locations for the Winter 2010 session:

- ▶ **Airdrie**
- ▶ **Calgary**
- ▶ **Camrose**
- ▶ **Claresholm**
- ▶ **Edmonton**
- ▶ **Fort McMurray**
- ▶ **Lethbridge**
- ▶ **Stettler**
- ▶ **Wetaskiwin**

Sessions run in the evening from 7:00 - 8:30pm on Tuesday, Wednesday or Thursday depending on location.

Additional locations TBA. Please visit [www.quitcore.ca](http://www.quitcore.ca) for future locations.

#### **Program Structure**

QuitCore consists of 5 initial group sessions designed to help participants quit smoking and 3 follow-up sessions to help participants adjust to a non-smoking life. A support group runs concurrently with the cessation group occurring during weeks 2 and 3 to provide strategies to support members of the cessation group.

#### **What will you learn?**

##### **Session 1 – Introduction**

- ▶ Stages of Change
- ▶ 3 quitting support techniques such as monitoring cigarettes
- ▶ Quitting smoking aids: nicotine replacement therapy & prescription medications

##### **Session 2 - Smoking Cessation techniques**

- ▶ 8 more quitting support techniques such as how to avoid triggers

##### **Session 3 – QUIT NIGHT**

- ▶ How to deal with recovery symptoms
- ▶ 3 quitting support techniques such as ways to nurture yourself

##### **Session 4 – Program Graduates Visit**

- ▶ How past program graduates quit and how they are doing today

##### **Session 5 – Stress Management**

- ▶ How to recognize and manage stress

##### **Session 6 – Healthy Eating and Smoking Cessation**

- ▶ Healthy eating and physical activity for weight management taught by a registered dietitian

##### **Session 7 – Life after Smoking**

- ▶ Information about the tobacco industry and Barb Tarbox through watching 2 videos
- ▶ How to prevent relapse

##### **Session 8 – Graduation**

- ▶ How to continue your smoke free future
- ▶ Celebration