

## ***Freedom From Smoking™***

### **Weekly Schedule**

Charlotte Hungerford Hospital offers a seven-week tobacco cessation program facilitated by Sandra Markus, RRT and Carla Angevine, MS, RDN. The program will be held on Tuesdays beginning October 9. For your convenience, you can choose to attend at either 12 noon or 4 p.m.

#### **Session 1: Thinking About Quitting**

- **Are you Ready to Quit Smoking?**
- **Preparing to Quit**
- **Finding Freedom From Smoking**
- **Three-Link Chain of Addiction**
- **Benefits of Quitting Smoking**
- **Registration Form, Questionnaire, Pack Tracks**

#### **Session 2: On the Road to Freedom**

- **Are You Addicted?**
- **Lifestyle Changes to Support Quitting Smoking**
- **Three A's of Shared Responsibility**
- **My Reasons to Stop Smoking**
- **Facts About Tobacco Use**
- **Quit Smoking Medications: What you need to know**

#### **Session 3: Wanting to Quit**

- **Freedom From Smoking™ Quit Plan, Part 1**
- **How to Help a Friend Quit Smoking**

#### **Session 4: Quit Day**

- **Reward Yourself**
- **Freedom From Smoking Contract**
- **Calendar Scorecard**
- **Using Your Buddy Effectively**
- **Symptoms of Recovery**

- **What to Do When a Craving Comes**

#### **Session 5: Winning Strategies**

- **What to Do if You Get Off Track**
- **Freedom from Smoking Plan, Part 2**
- **Proven Stress Reducers**

#### **Session 6: The New You**

- **Stop Smoking – Control Your Weight**
- **Why Do I Eat?**
- **Hunger Helps: Tips for Changing Your Behavior About Food**
- **Tips for Staying Smoke Free**

#### **Session 7: Staying Off**

- **Create Your Own Plan for Physical Activity**
- **Physical Activity Intensity Levels**
- **Basic Stretching**
- **Assertive Communication**
- **End of Clinic Questionnaire**

#### **Session 8: Celebration**

- **Change is Worth Celebrating**
- **Preventing Relapse**
- **Challenge Your Thinking to Manage Your Stress**
- **Facts About Secondhand Smoke**
- **Notes**
- **Congratulations!**