

# ***Freedom From Smoking™***

## **Weekly Schedule**

Charlotte Hungerford Hospital offers a seven-week (8 sessions) tobacco cessation program facilitated by a certified American Lung Association coordinator. The following is a summary of the material covered in each session:

### **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!**