

BREATHE EASY

TOBACCO CESSATION PROGRAM



OVERVIEW.....

Smoking increases your risk of heart disease, cancer, bronchitis and emphysema. Smoking also costs you well over \$2,000 a year if you are a pack-a-day smoker. The bottom line is that it's costly to your health and your wallet.

You can change all that by participating in **Saint Mary's Breathe Easy Tobacco Cessation Program**. We'll help you recognize your tobacco triggers, create an individualized quit plan, identify a support system and plan to prevent a relapse. We also provide tools to make healthier food choices, increase physical activity and manage stress.

The program is taught by a registered nurse/Mayo Clinic-certified tobacco treatment specialist/certified health and wellness coach, and consists of six two-hour classes, a lung function test and support group meetings every six weeks. HealthFirst and Health Choice members who attend also have a pharmacy benefit for tobacco cessation medications.

2010 PROGRAM SCHEDULE

January/February (1)
Thursdays, Jan. 7 - *Feb. 11

February/March (1)
Tuesdays, Feb. 16 - *Mar. 23

March/May (2)
Mondays, Mar. 29 - *May 3

May/June (1)
Tuesdays, May 11 - *Jun. 15

June/July (1)
Wednesdays, Jun.23 - *Jul. 28

August/September (2)
Thursdays, Aug. 5 - *Sept. 9

September/October (1)
Wenesdays, Sept. 15 - *Oct. 20

October/November (1)
Tuesdays, Oct. 26 - *Nov. 30

December/January 2011 (2)
Wednesdays, Dec. 1 - *Jan.5

Locations:

CDS Group Health (1)
1625 East Prater Way
Building C, Suite 101
Sparks, NV 89434

Saint Mary's at Galena (2)
18653 Wedge Parkway
Reno, NV 89511

Times:

All classes are 6 p.m. - 8 p.m.

* Last class of every session is an ongoing **Support Group Meeting**, which any present or former participant may attend



Saint Mary's
Health Enhancement
A member of CHW

COST IS \$25 FOR HEALTHFIRST MEMBERS, HEALTH CHOICE MEMBERS, SAINT MARY'S EMPLOYEES AND VOLUNTEERS; \$100 FOR THE COMMUNITY. RESERVATIONS ARE REQUIRED.

REGISTER AT 775.770.7100