

Class Schedule for 2015-16

Garrett County Health Department
Oakland
5:30 –6:30 p.m.

Wednesdays August 19th—October 21st

Mondays September 21st—December 7th

Wednesdays January 5th-March 15th

Tuesdays March 10th-July 12

Tuesdays September 22nd-November 24th

Day Class
11:30a.m.-2:30p.m.

Friendsville Rescue Squad Building

Wednesdays January 13th-March 16th

5:30p.m.-6:00p.m.

Individual Counseling

- For pregnant women, their significant other, and/or any adult smoker living in a household with a child under 1 year of age.



Public Health
Prevent. Promote. Protect.



Funded by the
Cigarette Restitution Fund Program

New Program and Cessation

Aids Available

- Added this year, **Nicotrol Spray and Nicotrol Inhaler.**
- **Designed to give a measured amount of nicotine**
- **New, updated notebook that will help you understand nicotine addiction , why you smoke and how to quit**
- **Helps you develop a quit plan designed for you**
- **Built in calendar to track your progress**
- **Tips to prevent weight gain**
- **Group support from people that are trying to quit smoking**

ARE YOU READY TO QUIT?



Garrett County
Health Department

Letting Go of Tobacco

*Better health
for you and
those you love*



Tobacco Cessation Support Program

Free Classes
Scheduled for 2015 & 2016

Health Education & Outreach

Michael Wilburn
301-334-7730
or 301-895-3111

Michael.wilburn@maryland.gov

What Are My Options ?

Adult Cessation Classes

- Meetings are once a week for 10 weeks.
- Introductory session includes discussion of available cessation aids.
- Free cessation aids: Chantix, Zyban, Nicotrol Inhaler, Nicotrol Spray (with doctor's approval), Nicotine patches & gum Nicotine mini Lozenges
- Must attend 7 out of 10 classes to receive full course of cessation aids.
- Classes at various times and locations. See back of brochure or call for details.

Youth Cessation

- Tobacco Awareness Program for youth interested in quitting. (Designed to gently guide youth to a quit date and to help them remain tobacco free.)
- Tobacco Education Program for youth offers a positive alternative to suspension, fines, or other penalties for violation of board of education tobacco policy.
- Youth cessation classes scheduled upon request.



**A successful quitter !
Why do you want to quit?**



**Client performing
Pulmonary Function Test**



Topics to be Covered

**Nicotine addiction
What is it really?**

**Stages of Change model
How do we change behavior?**

**Cessation aids available
How do they work?
3 months free**

Carbon monoxide testing

Pulmonary function testing

Diseases associated with tobacco use

Benefits of quitting

Develop Your Plan for Quitting

**Great support from other smokers that
are trying to quit**