

Smoke-Free For Life

*A Smoking Cessation Program to
Help You Quit and Stay Quit!*



AMERICAN RESPIRATORY ALLIANCE
of WESTERN PENNSYLVANIA

We're All About Breathing

Q: Will my insurance provider cover any costs associated with the course?

A: Your insurance provider may cover the cost associated with the course, but we cannot bill your insurance provider. You must pay the fee to the facilitator of the course and then seek reimbursement from your provider. We will supply a receipt upon payment and a certificate of completion at the end of the program. Check with your provider to see what documentation they require.

Q: Where are the group sessions held?

A: *Smoke-Free for Life* is conducted at various community and medical centers by our trained facilitators.

Q: Can the *Smoke-Free for Life* sessions be conducted at my place of work?

A: Sure! We would love to conduct a *Smoke-Free for Life* program at your office. It's easier to quit with the encouragement of an entire group and the work environment provides an instant support team. Have your human resources department give us a call to set up group sessions at your workplace.

Q: Can I use a nicotine replacement product while going through the program?

A: Yes. In fact, we will work with you to determine which nicotine replacement therapy will work best for you. Any cost associated with nicotine replacement therapy will be a personal expense and is not included in the cost of this program.

Q: Do you guarantee that I will quit successfully?

A: This program has helped thousands of people quit successfully but because everyone is unique, we cannot guarantee that you will not smoke again. It sometimes takes 4 or 5 attempts at quitting to achieve total success.

Since 1904, the American Respiratory Alliance has been serving western Pennsylvania with exceptional programs and services.

Focusing our efforts on lung diseases, we receive no state or United Way funding (except for individual donor options) and charge little or no fees for our programs and services. Every dollar raised by the Respiratory Alliance remains in western Pennsylvania to provide programs and services for the prevention and control of lung disease. We are the only local lung health organization in the area that can make this guarantee.

To obtain information on any of our services please call us.



201 Smith Drive, Suite E
Cranberry Township, PA 16066
1-800-220-1990
www.healthylungs.org

Our mission is to prevent and control lung disease through education, training, direct services, research funding and advocacy.

Quit and Stay Quit

Smoke-Free For Life is an eight-session smoking cessation program, developed by the American Respiratory Alliance. It uses a group approach to quitting smoking while focusing on the individual needs of each smoker.

In **Smoke-Free For Life**, you will:

- Learn to overcome barriers that have kept you from quitting in the past.
- Customize a personal "quit-plan" that will lead to success.
- Watch your confidence grow as the quitting process unfolds.
- See how you can keep motivation high and your goal in sight.
- Learn the art of positive self-talk and watch it work for you.
- See how you can control your weight during and after the program.
- Hear the successful "quit" stories of former smokers.
- Give and receive support in a positive, comfortable environment.
- Learn proven ways to deal with stress.
- Implement maintenance techniques that will make Smoke-Free for Life a reality!

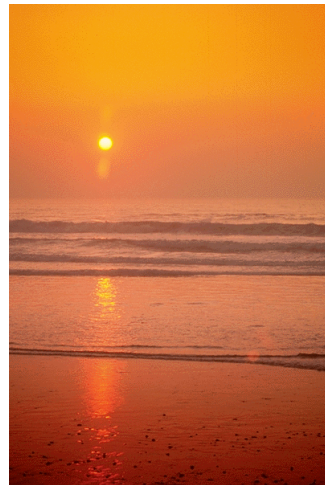
Session Topics

1 • Getting Ready To Quit

Begin the quitting process by comparing different cessation methods and identifying your best option. You will look at the reasons why you smoke and why you want to quit as well as identify the barriers that have kept you from success in the past.

2 • Understanding Your Habit & Addiction

Look at how your tobacco habit developed and what prompts you to continue smoking. Learn how your smoking behavior can be changed and get a better understanding of nicotine addiction.



After
the
storm
comes
the
calm.

3 • Develop a Plan to Quit

Prepare to quit – physically, mentally, and emotionally by customizing a quit-plan designed just for you!

4 • Quit Day

Hear success stories from former smokers and learn effective techniques to deal with withdrawal.

5 • Quit Day Follow-Up

Give a progress report 2 days after "Q-Day" and plan ahead for the up-coming smoke-free weekend. Techniques on how to avoid tempting situations and slip-ups will be taught.

6 • Maintenance Strategies That Work

Decide on a fitness plan that will work for you and take a close look at the stress in your life. You will make adjustments that work for you and see how nutrition can play an easy and delicious role.

7 • Preventing Relapse

In this session you will continue to develop and strengthen your skills so that you can maintain your new Smoke-Free Life.

8 • One Month Follow-Up

A special meeting to review where you've been and where you are going.

Frequently Asked Questions about the Program

Q: *What if I am not sure that this is the course for me?*

A: Come to the first session and find out. There is no obligation to continue the course. Session 1 provides an excellent overview from which you will be able to make your decision.

Q: *How much does the program cost?*

A: Some community organizations hold the course for free while others charge a nominal fee. Obtain a facilitator list by contacting the Respiratory Alliance then contact your local facilitator to learn about program costs in your area.