

ARE YOU READY TO BE SMOKE FREE?

Join the
Cooper/Clayton
Smoking Cessation
Program to become
a non-smoker!

August 2, 2012
5:30pm-6:30pm

Anderson Co. Health Dept.
1180 Glensboro Road
Lawrenceburg, KY

www.achdonline.org

**YOU CAN BECOME A NON-SMOKER!
WE CAN HELP.**



CALL 502-839-4551 EXT 1110

Classes will meet weekly for 13 weeks.

*There is no charge for the class, however
you will be responsible for the nicotine
replacement therapy patches at a
discounted rate.*

BONUS: *Successfully complete the pro-
gram and get 50% of your money back!*



Cooper/Clayton Method to Stop Smoking

Date	Time	Topic	Notes
August 2, 2012	5:30pm	Introduction	Record Daily Usage
August 9, 2012	5:30pm	Choosing Your Nicotine Replacement Therapy	Week 1 - Begin NRT - 21mg
August 16, 2012	5:30pm	How the Body Metabolizes Nicotine	Week 2 - 21mg
August 23, 2012	5:30pm	Dealing with Stress as a Nonsmoker	Week 3 - 21mg
August 30, 2012	5:30pm	Exercise for the Nonsmoker	Week 4 - 21mg
September 6, 2012	5:30pm	Nutrition for the Nonsmoker	Week 5 - 21mg
September 13, 2012	5:30pm	Life's Pleasures as a Nonsmoker	Week 6 - 21mg
September 20, 2012	5:30pm	Understanding Behavior Modification	Week 7 - 14mg
September 27, 2012	5:30pm	Dealing with Depression as a Nonsmoker	Week 8 - 14mg
October 4, 2012	5:30pm	Living with Smaller Amounts of Nicotine	Week 9 - 7mg
October 11, 2012	5:30pm	Post Hoc, Ergo, Propter Hoc "After this, therefore, because of this"	Week 10 - 7mg
October 18, 2012	5:30pm	Behavioral Aspects of Remaining a Nonsmoker	Week 11 - Nicotine Free
October 25, 2012	5:30pm	<i>Celebration Time!</i>	FREEDOM