

HERE'S WHAT TOBACCO EDUCATION & ASSISTANCE PROGRAM GRADUATES SAY ABOUT THE PROGRAM.

- “This program is amazing! I’ve tried quitting before, many times, but this one was for good! Lots of the people in my group quit too. It was great, after 40 years of smoking, I enjoyed that party at the end!”
- “I don’t really like groups, but came anyway. I was shocked at how much seeing the others meant to me every week. It’s been 2 months, and I’m still not smoking! I just wish the group could have kept meeting.”
- “Understanding how to use the patches and gum, and how it affected my brain chemicals made the difference for me. I can’t believe I actually quit!”
- “Just to hear that lots of people didn’t want to lose their “best friend” and that all the stress I feel is my body in withdrawal, helped me through.”

These Kick-the-Nic! clinics are an outreach of the Tobacco Education & Assistance Program’s Community Cessation Project, in partnership with Community Links Hawaii funded by the Hawaii Community Foundation. Meeting Rooms generously provided by the Hilo Medical Center and Pahoia Bay Clinic.



Kick-the-Nic!
Tobacco Treatment Groups
WITH NICOTINE GUM, PATCHES & CHANTIX

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Kick-the-Nic! Tobacco Treatment Groups WITH NICOTINE GUM, PATCHES & CHANTIX

STOP SMOKING CLINICS HELD AT

- HILO MEDICAL CENTER
- PAHOA FAMILY HEALTH CENTER
- KA’U FAMILY HEALTH CENTER
- KEA’AU FAMILY HEALTH CENTER
- HILO BAY CLINIC
- PRIVATE WORKPLACE BY REQUEST

Provided by

The Tobacco Education & Assistance Program, in partnership with Community Links Hawaii. Sponsored by the Hawaii Community Foundation. Meeting space donated by the Hilo Medical Center.

www.kickthenic.net

The Program:

This Tobacco Education & Assistance Program Groups will be offered to East Hawaii Residents at the Hilo Medical Center and Pahoa Bay Clinic. Group participation rate is \$145, and includes nicotine patches, gum and chantix coupons. Full scholarships are provided to Hilo/Puna residents by the Hawaii Community Foundation. Please inquire about our scholarship request form. Visit www.kickthenic.net or call for a schedule.

Want to Stop Smoking?

Pick which month you'd like to begin, pre-register and get your physician approval, *and begin with Week 1—Group 1.*

Already quit, but Need Group Support?

Call the TEAP to pre-register and attend the clinic, *beginning with Week 2– Group 3*

Week 1—Group 1:

1. Making the Plan

- Strengthening motivations for freedom
- Know your Smoking Patterns
- Developing a Quit Plan

Week 2—Group 2:

2. Understanding Triggers

- Identifying rough spots
- Coming up with a new plan

Week 3—Group 3:

2. Quit Day

- Understanding NRT
- Affirming the New You!
- Quitting Celebration

Week 3—Group 4:

3. A Winning Plan

- Symptoms of recovery
- Bring It On! Stress Management.
- Strength in Numbers

Week 4—Group 5:

4. A New Me!

- Healthy Habits
- Diet and Exercise

Week 5—Group 6:

5. Handling Stress

- Identifying Stressors
- Securing Lifestyle Change

Week 6– Group 7:

- Strengthening Social Support
- Long-Term Strategies for Success
- Graduation Ceremony!

HOW DOES IT WORK?

There are seven group sessions led by an ex-smoker, who is a Certified Tobacco Treatment Specialist. She utilizes the most current, up-to-date strategies for dealing with the powerful addiction of nicotine and helping smokers to quit, for good!

The program uses a combination of medications proven effective for quitting smoking, and positive behavioral change support.

We inform all groups members about current medications, and encourage members to seek medications from their physicians. *We also provide nicotine patches and gum at no cost to our group members each week.*

Combined with the powerful component of group support, our groups are an excellent resource for smokers that are serious about quitting.

Pre-registration and physician approval is required prior to participation!

TO REGISTER:

Call 557-4838 or visit www.kickthenic.net