



## ***Thinking About Quitting?***

**Presented FREE by Cancer Support Now at the American Lung Association in Albuquerque**

90 minute one-on-one support sessions are available for current smokers. Each session is scheduled according to the needs of those registering to attend. A friend or family member interested in learning how to support you, whether you are ready to quit or not ready to quit, is welcome to attend as well. The sessions are held at the American Lung Association located at 5911 Jefferson NE in Albuquerque.

**You will receive free:**

- *The Guide to Help You Quit Smoking—Your own personal workbook*
- Help in identifying your barriers to quitting
- Help in identifying your personal motivations for quitting
- Pack Tracks to identify the kind of smoker you are
- Information on NM Dept. Of Health 1-800-Quit-Now phone-based and web-based tobacco cessation services

**Topics Covered include:**

1. Am I ready to quit .....on a scale of 1to5?
2. Introduction to The Guide to Help you Quit Smoking
3. How addicted am I to nicotine?
4. Using over-the- counter Nicotine Replacement Therapy (NRT)
5. Free NRT & assistance @ Quit Line 1-800-Quit Now or Enroll at [QuitNowNM.com](http://QuitNowNM.com)
6. Pros and Cons of Quitting Smoking... Identifying Barriers and Motivators
7. Closing Backdoors
8. Pre-view of Pack Tracks – using them to cut back before Quit Day
9. Preparing a Quit Kit – tool for surviving the first two weeks after quitting
10. Using a Calendar to Reward During Cessation
11. Dealing with Losing your Best Friend the Cigarette
12. How to support your friend or family member who is Thinking About Quitting
13. Other tools to help you quit:
  - Freedom From Smoking® Online at [www.ffsonline.org](http://www.ffsonline.org)
  - Freedom From Smoking® Support Class at American Lung Association
  - For additional help, contact the American Lung Association at 1-800-586-4872

**Call Patricia Torn, Support Facilitator, at 307-3414 to Register**  
**The Session is a Free Support Service of**  
**Cancer Support Now & the American Lung Association in New Mexico**