

# TOBACCO CESSATION PROGRAM



Join CHP in an 8-week Tobacco Cessation Program that will help you take the first steps toward a tobacco-free life and prepare you for the days and weeks after quitting. Become educated on the impact of tobacco and how it affects your health to empower yourself with the tools, resources, and support to quit. This program focuses on the various types of tobacco and nicotine use as well as various stages of the quitting process. Many tips will be offered throughout the program, knowing that most tobacco users try to quit many times before they succeed.

## The Benefits

- ✓ No cost to the participant
- ✓ Weekly sessions with your CHP Health Coach
- ✓ Learn tobacco management skills
- ✓ Reduce risk for disease
- ✓ Control cravings
- ✓ Build a support group
- ✓ Improve your immune system
- ✓ Build a road map to quit
- ✓ Discover healthy lifestyle habits to kick addiction
- ✓ Know how to manage withdrawal symptoms
- ✓ And much, much more!



**Enroll by  
contacting:**

**Jasmine Wooden  
at 229-343-3068**

**or emailing  
jasmine.wooden@chp-  
inc.com**

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Classes begin the week of  
January 27<sup>th</sup> (for eight  
weeks).

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Class Times:  
January 27<sup>th</sup>- March 16<sup>th</sup>  
Every Monday at 12 pm  
City Hall

**\*\*Contact Jasmine  
Wooden to sign up!**

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***The deadline to  
enroll in Tobacco  
Cessation Classes  
is January 10<sup>th</sup>!***

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***The CHP Tobacco Cessation Program  
is offered as an alternative option to  
all City of Americus employees.***