

QUIT SMOKING RESOURCES

Quit Smoking Group Program

A group approach to quitting which combines education and peer support that meets twice a week for three weeks. Topics covered are: reasons to quit, nicotine withdrawal symptoms and how to cope with them, managing nicotine cravings, and lifestyle change. Sessions can be held directly at your work site. For more information, call CONCERN[®] Services, at **(513) 891-1691**.

CONCERN WorkLife Services: Stay Quit to stop Smoking

Quitting smoking is one thing. Keeping it up is the hard part. This CONCERN[®] online program will help with a variety of current articles on how to "stay quit," and how to recover quickly if you do relapse. Simply go to www.trihealth.concernservices.com click on "Health" under "Content Categories" to your left, and select "Stay Quit to stop Smoking" from the "Health Training" section to get started.

My CONCERN Health Coach

Many individuals find individual coaching as beneficial in their efforts to stop smoking. The "My CONCERN Health Coach" health and coaching wellness program can offer this personalized assistance. With your CONCERN coach, you'll design a customized program and work to reach your goals. Simply go online to www.concernservices.com and click on the "My CONCERN COACH" link to get started.

Smoking Cessation Lunch and Learn

CONCERN offers a choice of three educational smoking cessation trainings, by qualified Counselors. The topics include:

- Nicotine Awareness -- Basic information on the drug nicotine, and guidelines on the resources available to quit.
- Nicotine Cessation Tips – The basics of quitting smoking, including how to handle withdrawal symptoms and cravings to use tobacco again.
- Nicotine Cravings Management – Focuses primarily on the withdrawal symptoms from nicotine, and how to handle the powerful physical and social cravings to use tobacco again.

To schedule a presentation for you department, call CONCERN[®] at **(513) 891-1691**.