

Smoking Cessation Program

Freedom From Smoking Class Information

St. Nicholas offers both group and individual Freedom From Smoking classes.

To register call 920/459-3636 or log on to www.stnicholashospital.org.

Freedom From Smoking classes are also available for businesses and can be tailored to your corporate needs.

For more information, call 920/451-7488.



Mission

Faithful to the spirit of the Hospital Sisters of St. Francis, St. Nicholas Hospital is *dedicated to suffering humanity for His sake.*

Vision

We will bring Christ's healing presence to all who come to us by providing family-centered, compassionate care without regard for race, creed, or ability to pay.

Values

Our core values of respect, care, competence, and joy will be lived by all who work here and felt by all who use our services.

.....
Respect

Care

Competence

Joy
.....



YOU CAN QUIT SMOKING!

Freedom From Smoking

Freedom From Smoking is a five-week, six-session program available in both group format and individual one-on-one formats. Our facilitators are registered nurses and wellness specialists who are certified through the American Lung Association.

Why Should I Quit Smoking?

There are many reasons to quit smoking:

- Reduce the risk of dying
- Reduce lung and heart problems
- Healthier babies and families
- Save money
- Whiter teeth and fresher breath
- Feel better and more energy
- Be in control of my life!

How Do I Quit?

Quitting smoking is a two-step process:

- **Overcoming the physical addiction to nicotine**
- **Breaking the habit**

Greatest success can be achieved by combining:

Smoking Cessation Programs

AND

**Nicotine Replacement Therapy
and/or
Prescription products**

Are You Ready to Quit Smoking?

St. Nicholas Hospital offers the American Lung Association Freedom From Smoking® program to help.

Freedom From Smoking offers the education, support, and encouragement you need to quit smoking. Taking a positive approach, Freedom From Smoking prepares you to take the steps you need to quit and teaches you how to maintain your new, nonsmoking lifestyle.



“This class was wella worth the cost!” – *Annette, Sheboygan*

“Excellent class. I was given the tools to quit without being lectured” – *Neil, Sheboygan*



“I have my life back!”
– *Anne, Plymouth*

“I never thought I would quit, Thanks so much”
– *Mary, Sheboygan*

“I can breath without the death rattle!” – *Randy, Sheboygan*

“I wish I did this years ago!”
– *Ryan, Howards Grove*



“I smoked two packs of cigarettes a day for 33 years. I often thought about quitting, so when my employer offered the St. Nicholas Hospital Freedom from Smoking program, I signed up and it was one of the best decisions I ever made. I can lose weight, but I can't get another set of lungs. I can already say that I feel so much better when I wake up in the morning. It's great to join the ranks of non-smokers.”

– *Randy Behr, former two-pack-a-day smoker*

Each class consists of six 1.5 hour sessions. The sessions address the psychological, behavioral, and addiction component of smoking. Below is a brief description of each class.

Session 1 Are You Ready to Quit Smoking?

- Program overview
- Why am I considering quitting?
- Why is it so hard to quit?
- Smoking cessation aids – What's best for me?

Session 2 Wanting to Quit

- Understanding your habit – Why do I smoke?
- Making a plan

Session 3 Quit Day

- Putting the plan into action
- What to expect
- What to do when the cravings come

Session 4 Winning Strategies

- Dealing with recovery
- Plan evaluation/modification
- Benefits over time

Session 5 The New You

- Long-term strategies to remaining smoke-free
- Healthy lifestyle – Weight management
Stress management

Session 6 Let's Celebrate

- Relapse prevention
- Graduation