



## *Up in Smoke*

*A smoking cessation program at Lake Health*

“Up In Smoke” is a 6-week community based; voluntary smoking cessation program revised to be based on the Treating Tobacco Use and Dependence Public Health Service sponsored Clinical Practice Guidelines. Up in Smoke meets for one-hour for week 1, 2, 3 and week 6 with telephone consulting in-between class sessions.

Up in Smoke provides assistance to individuals through behavior modification and cognitive restructuring. In order to increase the success rate of quitting, a physician or nurse practitioner will be available to prescribe medications to curb nicotine withdrawal symptoms.

The program will provide the support and knowledge base for the individual to cope with smoking cessation when the nicotine replacement strategies are complete. Up in Smoke provides a knowledge base of the following topics

- Behavior Modification
- Cognitive restructuring
- Stress Management
- Nutrition information/Weight management
- Exercise information
- Group discussion for problem solving

Smoking cessation - Participants' Quit Date is typically set for the 2<sup>nd</sup> class.

**To register for the program, call the Lake Health Best of Health Line at:  
440-953-6000 or 1-800-454-9800**

Location: TriPoint Medical Center – Physician Pavilion Building  
Address: 7590 Auburn Rd, Concord Twp, OH 44077  
Room: Cardiac Rehabilitation Conference Room.  
Room is located on the ground floor of the Physician Pavilion Building.

**2 sessions available – choose the one that meets your needs**

**DATE**

**Thursday, November 1, 2012**

**Time: 1:30 pm - 2:30 pm**

**OR**

**Time: 4:30 pm - 5:30 pm**

Fee: \$125.00 per person