



“QUIT IT” Provides:

- One-on-one coaching
- Weekly support group
- Nicotine replacement therapy



CSC HANFORD OCCUPATIONAL HEALTH SERVICES

HEALTH EDUCATION

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"QUIT IT!"

CSC HEALTH EDUCATION

TOBACCO CESSATION 10-WEEK PROGRAM

Because the class may meet during work hours, you must get your manager's approval to participate.



Hanford Occupational Health Services

“QUIT IT” PROGRAM

At CSC, we understand the extreme hold that nicotine can have on a person. And we respect the fact that though many people wish to quit, it's much easier said than done. Quitting tobacco is a process that sometimes ends in failure, but with each quit attempt, users become closer to being tobacco free.

We use the most up-to-date education and clinical guidelines to provide the highest quality of support, and to give you the best possible chance at living a tobacco-free life.

The U.S. Department of Health and Human Services suggests that the combination of education, support, and the proper pharmacotherapy (nicotine replacement therapy) will give a tobacco user the best chance at achieving success.

With this knowledge, our “Quit It” Program has been designed to provide one-on-one coaching, weekly support groups, and appropriate nicotine replacement therapy to participants.

Nicotine Replacement Therapy products will be provided to participants who are actively involved in the 10-week program.

PROGRAM DETAILS

Initial Session:

This will be a one-on-one appointment with our Tobacco Treatment Specialist to set goals, select a quit date, and discuss a nicotine replacement therapy plan.

Support Group:

The group will meet for 1-hour each week for support, accountability, and to receive nicotine replacement therapy.

Instructor:

Tobacco Treatment Specialist,
Certified by Mayo Clinic

Length: 10-weeks

Guidelines:

Participants must attend the weekly support group to continue to receive nicotine replacement therapy during the 10-week period.

Eligibility:

Participants must be employees who are performing Hanford work and are eligible for CSC services.

Smokers & Chewers are welcome

NEXT SESSION

Class Begins:

The class meets on
Mondays for 10 weeks

3:30-4:30pm

AMH Room 136

Registration REQUIRED

Space is limited

Contact 376-3939 or
ahew@rl.gov for
registration information

