

## **Catholic Healthcare West – the Mercy Hospital System**

### **No Ifs Ands or Butts**

6-week class

Call the numbers below for dates, times, cost and location.

Mercy General Hospital 916/453-4268

Mercy San Juan Hospital 916/537-5299

### **Smoking Cessation**

Call Sierra Nevada Memorial Hospital for information about this class: 530/274-6124

Methodist Hospital 423-6174 (Cardiopulmonary Services)

## **Kaiser Permanente**

*Classes are open to members only.*

### **Quit tobacco workshop**

A program designed to help you begin your quit smoking process. In this workshop you will learn how to prepare to quit smoking, how to develop and personalized quit plan, and review the benefits/limitations of cessation drug aids.

### **Freedom from tobacco series**

If you're ready to quit, we're ready to help you prepare for your quit day, and beyond. In this six-session class, learn about the behaviors and triggers that make you want to smoke. Discover how to overcome those urges with lifestyle changes that'll help you stay smoke-free. Participation in this class enables members with supplemental drug coverage to receive quit-tobacco medications at their usual drug co-payment.

### **Stop smoking series**

This multi-session class provides support and discussion about behaviors and triggers, skills to manage and maintain lifestyle changes, coping strategies, and relapse prevention skills.

If you're ready to quit, we're ready to help you prepare for your quit day, and beyond. In this six-session class, learn about the behaviors and triggers that make you want to smoke. Discover how to overcome those urges with lifestyle changes that'll help you stay smoke-free. Participation in this class enables members with supplemental drug coverage to receive quit-tobacco medications at their usual drug co-payment.

Elk Grove Medical Center  
Folsom Medical Offices  
Rancho Cordova Medical Office  
Sacramento Medical Center  
South Sacramento Medical Center

Call the number below for dates, times, cost and location.

**Contact information:** (916) 688-6783

## **Sutter Medical Center**

### **Smoking Cessation Program**

The Sutter Medical Center Smoking Cessation Classes were developed to help smokers of all levels quit. It is a 6-week course and each session is 1.5 hours. Trained facilitators use behavior modification tools to help you quit. They help you identify why you smoke, and then help you learn techniques to stay smoke free once you quit. A strong student support network that is built in each class helps everyone become tobacco free. This class is modeled after programs that have been helping people quit for years!

For more information and meeting dates and locations please call, (916) 454-6528.