

A close-up photograph of two hands holding two broken cigarettes, with the ends of the cigarettes touching. The background is a blurred, light-colored surface.

Quit Smoking For Life

Sign up for Freshstart Smoking Cessation from the American Cancer Society

Learn how to overcome your nicotine addiction so you can enjoy the benefits of better health...extra money in your pocket...and healthier relationships.

You'll learn about:

- Medicines that can help you stop smoking
- Lifestyle changes that make quitting easier
- Preparing for Quit Day
- Managing stress
- Avoiding weight gain
- Developing a new self-image
- How to stay smoke-free for good
- Electronic Nicotine Delivery Systems

What you can expect from Freshstart Smoking Cessation

- Freshstart is designed to help participants plan a successful quit attempt by providing essential information on nicotine dependence, skills for coping with cravings, and group support
- Freshstart incorporates the most current guidelines for tobacco cessation support into face-to-face group support sessions.
- Program participants choose a combination of techniques and cessation treatments they will use in their quit attempt.
- Freshstart program participants can expect a participant guide handed out at the beginning of the first session to use in the program sessions and for personal review outside of class. They can also expect group support from other program participants, the opportunity to learn from past quit attempts, and new techniques to incorporate into their future quit attempt.

* See back for class dates and locations.

IS THIS YOU?

- Is quitting a priority for you?
- Have you tried to quit before?
- Do you think smoking is bad for your health?
- Do you have other personal reasons for wanting to quit?
- Are you ready to try to quit even though it may be tough?

If you said "yes" to one or more questions, you could benefit from a Freshstart.

Piedmont Fayette Hospital

2020 Class Dates

All classes will be in the 1279 building, 3rd floor, Conference Room B from 6:00pm to 7:30pm.

Session 1: January 7, 2020 - Deciding to Quit
Session 2: January 14, 2020 - Plan to Quit
Session 3: January 21, 2020 - Your Quit Day
Session 4: January 23, 2020 - 48 Hour Follow-Up
Session 5: January 28, 2020 - Stay Quit

Session 1: March 3, 2020 - Deciding to Quit
Session 2: March 10, 2020 - Plan to Quit
Session 3: March 17, 2020 - Your Quit Day
Session 4: March 19, 2020 - 48 Hour Follow-Up
Session 5: March 24, 2020 - Stay Quit

Session 1: May 5, 2020 - Deciding to Quit
Session 2: May 12, 2020 - Plan to Quit
Session 3: May 19, 2020 - Your Quit Day
Session 4: May 21, 2020 - 48 Hour Follow-Up
Session 5: May 26, 2020 - Stay Quit

Session 1: September 8, 2020 - Deciding to Quit
Session 2: September 15, 2020 - Plan to Quit
Session 3: September 22, 2020 - Your Quit Day
Session 4: September 24, 2020 - 48 Hour Follow-Up
Session 5: September 29, 2020 - Stay Quit

Session 1: November 3, 2020 - Deciding to Quit
Session 2: November 10, 2020 - Plan to Quit
Session 3: November 17, 2020 - Your Quit Day
Session 4: November 19, 2020 - 48 Hour Follow-Up
Session 5: November 24, 2020 - Stay Quit

To register, go to piedmont.org

Tools & Resources

Classes & Events

