

Second Wind



The program consists of eight, two hour, twice a week sessions

The curriculum is designed to educate the participants on:

- Basic Tobacco Facts
- Understanding Why Individuals Smoke
- Nicotine Replacement Therapy
- How to Develop A Quit Smoking Plan
- How to Master the First Few Days Smoke Free
- How to Conquer Challenges
- Importance of Effective Communication
- Long Term Benefits of Smoking Cessation
- Effects of Second Hand Smoke

**Handbook and Informational Handouts Provided
Follow Up Services to Help Participants to Stay Quit
Day and Evening Sessions Available to Meet Your Needs**

**Rick Crowley: Certified Smoking Cessation Facilitator
Call 530-406-9678 for Registration
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