



Grossmont College Student Health Services Presents:

SMOKING CESSATION SUPPORT PROGRAM

- Students and Staff who want to quit the use of tobacco products
- Meeting every Monday 11-12:00pm in ASGC BOARD ROOM
- Starts Monday February 2nd, 2009 thru Spring Semester

Program materials will include 8 weeks of lesson plans, and a workbook that provides detailed information on tobacco cessation including:

- Health Effects of Tobacco
- Addiction Assessment
- Tobacco Cessation Aids
- Getting ready to be inspired
- Quit plan preparation
- Handling craving/stress management
- Nutrition & Exercise
- Relapse prevention

Facilitated by:
Student Health Services Substance Abuse Counselor

Please call or come to **Health Services office** to sign up for this free program
619-644-7192
Student Health Services Building 10 Room 114