
FreshStart and **SOS** are based on programs originally developed by the American Cancer Society and updated as new research and materials become available and as our facilitators develop new tools and techniques. The programs teach simultaneously how to break the 3 aspects of smoking: psychological dependency; habit; and nicotine addiction.

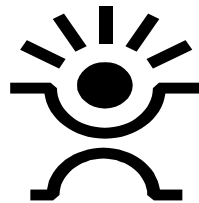
We've seen the ads offering quick-fixes. As ex-smokers, we know that's just silly. Our philosophy is that becoming smoke free may be challenging, but is achievable. We firmly believe that quitting is one of the most optimistic things one can do — promising that every tomorrow can be better.

For many, quitting becomes the first step in a whole new approach — the beginning of a more positive journey of self-care.

Our facilitators have had many achievements. However, they consider quitting cigarettes as among their greatest accomplishments. With enthusiasm, insight and compassion, they help others realize the amazing benefits of becoming smoke free.

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FRESHSTART & STAY OFF SMOKING (SOS)

Complete SMOKING CESSATION PROGRAMS

- ✓ **Group support**
- ✓ **Materials from leading health organizations**
- ✓ **Effective guidelines for personal accomplishment**





What's the best way to quit smoking?

The best research today suggests a 3-way combination approach:

(1) Cessation support program; (2) prescription medication; and (3) nicotine replacement.

FreshStart and SOS provide the first aspect of smoking cessation.

Does the program work?

The program works. About half who take the course will quit successfully.

Although this seems lower than other smoking cessation advertisements, it candidly demonstrates that those who follow the guidelines, complete the 4-week program and continue to attend SOS will indeed quit and stay quit.

How long does it take?

FreshStart is typically scheduled for 2 times per week for 4 weeks. In addition, it is important to attend SOS, a relapse prevention program, for at least one year after quitting.

Why do I need a class?

People who study smoking cessation have observed that a good support program often makes the difference -- the key to success.



Do I need nicotine replacement, like the "patch?"

Some find using a nicotine replacement therapy, such as the patch, an important part of smoking cessation. Nicotine itself has not been shown to cause cancer; breathing the



other toxic substances in a cigarette is the real danger. Using nicotine replacement can help take the edge off nicotine withdrawal while dealing with the psychological and habitual aspects of smoking.

What about other medicines?

Wellbutrin, (Zyban, or its generic, Bupropion) is a prescription medicine which has shown to help with smoking cessation. Chantix, which was introduced in 2006, is similar to Wellbutrin, but focuses on the brain's receptors for nicotine. One is best served by seeing an MD experienced with these medications, preferably a psychiatrist or addiction specialist. Because this medication may have a few week adjustment period, it is beneficial to begin taking it at least 2 weeks before beginning a cessation program.

Although taking medication is not necessary to quitting successfully, participants can find it beneficial, particularly with some aspects of nicotine addiction.

Check with your insurance carrier to see if stop smoking medications are covered.

Medicaid will pay for most stop smoking medications as long as you have a prescription.

Do I have to quit on the first day?

No. We understand the challenge of giving up cigarettes. That's what the class is for. You don't have to give it up immediately.

How do the programs work?

FreshStart and SOS give participants a forum to share with others who are also in the process of giving up smoking and staying smoke free. Participants are provided the best materials selected from the leading health organizations. And, participants are given "homework" assignments which help them break their smoking step-by-step.



We teach participants how to get past cravings, how to handle difficult moments and how to discover better things to do with their time.

Are the programs religion-based?

The courses are not based on religion. Of course, many people facing a challenge, such as giving up cigarettes, turn to their religious beliefs for encouragement. An individual may find it helpful to do so.

What is SOS all about?

Quitting smoking is just half the battle. Staying quit means learning how to live without the cigarettes. SOS is a group support, smoking cessation maintenance and relapse prevention program. Participants learn and reinforce how to continue to handle their lives smoke free.