

**THINKING ABOUT QUITTING OR WANT TO HELP SOMEONE
QUIT??**

**JOIN US FOR A QUIT COLD TURKEY LUNCH!!
NOVEMBER 19th
12:00 – 1:00**

**LRJHC MULTI-PURPOSE ROOM
Speaker: Tony Rovito, LRJHC Behavioral Health Unit**



LEARN HOW TO KICK THE HABIT!



You can quit! Half of all smokers in the U.S. already have.



Identify your personal reasons for quitting.



Set a quit date. Usually within 10 days.



Identify your barriers to quitting (other smokers, relapsed before due to depression or weight gain)



Make specific plans ahead of time for dealing with temptations. Identify 2-3 coping strategies that work for you.



Don't be afraid to ask for help!!



Get cooperation from family and friends. They can help by not smoking around you.

**For More Information Contact Robin Crouse, Health Educator @ LRJHC
945-5894, ext. 3240**