

START THE NEW YEAR SMOKE FREE!

Join the
Cooper/Clayton
Smoking Cessation
Program to become
a non-smoker!

January 31, 2012
Noon - 1pm

Anderson Co. Health Dept.
1180 Glensboro Road
Lawrenceburg, KY

www.achdonline.org

**YOU CAN BECOME A NON-SMOKER.
WE CAN HELP.**



CALL 502-839-4551 EXT 1110

Classes will meet weekly for 13 weeks.

*There is no charge for the class, however
you will be responsible for the nicotine
replacement therapy patches at a
discounted rate.*

***BONUS: Successfully complete the pro-
gram and get 50% of your money back!***



ANDERSON COUNTY
HEALTH DEPARTMENT

Cooper/Clayton Method to Stop Smoking

Date	Time	Topic	Notes
January 31, 2012	12-1pm	Introduction	Record Daily Usage
February 7, 2012	12-1pm	Choosing Your Nicotine Replacement Therapy	Week 1 - Begin NRT - 21mg
February 14, 2012	12-1pm	How the Body Metabolizes Nicotine	Week 2 - 21mg
February 21, 2012	12-1pm	Dealing with Stress as a Nonsmoker	Week 3 - 21mg
February 28, 2012	12-1pm	Exercise for the Nonsmoker	Week 4 - 21mg
March 6, 2012	12-1pm	Nutrition for the Nonsmoker	Week 5 - 21mg
March 13, 2012	12-1pm	Life's Pleasures as a Nonsmoker	Week 6 - 21mg
March 20, 2012	12-1pm	Understanding Behavior Modification	Week 7 - 14mg
March 27, 2012	12-1pm	Dealing with Depression as a Nonsmoker	Week 8 - 14mg
April 3, 2012	12-1pm	Living with Smaller Amounts of Nicotine	Week 9 - 7mg
April 10, 2012	12-1pm	Post Hoc, Ergo, Propter Hoc "After this, therefore, because of this"	Week 10 - 7mg
April 17, 2012	12-1pm	Behavioral Aspects of Remaining a Nonsmoker	Week 11 - Nicotine Free
April 24, 2012	12-1pm	<i>Celebration Time!</i>	FREEDOM