

Free Orientation

Making the Decision

At a free orientation we help you assess your readiness to quit, since making the decision that you are ready to quit is an important part of the process. The program facilitator explains the program in detail and discusses the primary strategies we use to support your decision to quit smoking, including mind-body therapies, social support, acupuncture and medical aids.

If you think the program is right for you, and you are ready to make the commitment to quit, you can sign up that night.

Week One:

Preparation Week

During this week, you begin using medical aids and/or mind-body techniques to help you cut back on your smoking. During a two-hour class, you will identify paired activities that trigger your smoking and ways to make changes behaviorally and mentally to support living a smoke-free life. You will identify your support system and ways to enhance communication. We also give you a relaxation CD and ask that you listen to it daily to prepare for your "Quit Smoking" week.

Week Two:

Quit Smoking Week

This week you will stop smoking altogether. You participate in daily group support and counseling and receive acupuncture (Monday - Friday). Research shows acupuncture helps decrease nicotine cravings and supports the body as it rids itself of the harmful chemicals associated with cigarette smoking.

A nationally certified acupuncturist performs the acupuncture in a quiet, peaceful environment while you relax and listen to soothing music. The acupuncture is easy, simple and painless.

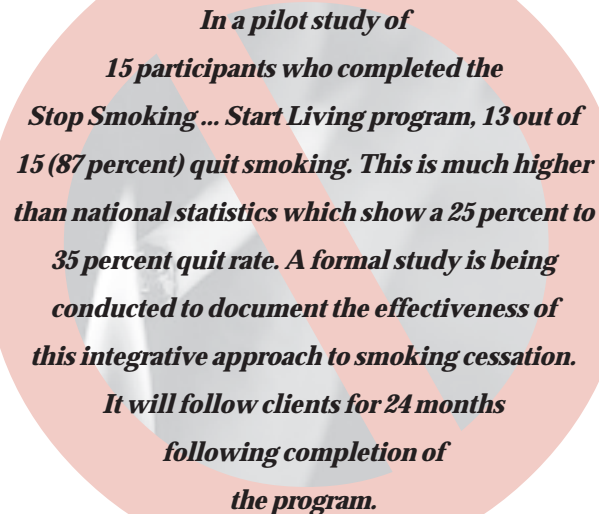
Week Three:

Smoke Free !

This week we invite you back to celebrate being smoke free. The facilitator teaches you the ABCs of staying smoke free and helps prepare you for any situations that could potentially trigger lapses.

Week Four:

During this final week, participants learn from one another as they discuss challenges and strategies that help them remain smoke free. The facilitator reviews key concepts important to managing stress and enhancing quality of life. On-going support services are outlined and participants identify and discuss long-term strategies for maintaining a smoke-free life.



***In a pilot study of
15 participants who completed the
Stop Smoking ... Start Living program, 13 out of
15 (87 percent) quit smoking. This is much higher
than national statistics which show a 25 percent to
35 percent quit rate. A formal study is being
conducted to document the effectiveness of
this integrative approach to smoking cessation.
It will follow clients for 24 months
following completion of
the program.***

***For more information, or to
register for the free orientation, call
(217) 544-LIVE.***

Improve your
health and your life

It's widely known that smoking can lead to heart disease, lung cancer, emphysema and other life-threatening diseases. Unfortunately, quitting smoking is easier said than done. Nicotine is addictive, and kicking the habit is extremely hard for many people.

There are many approaches available to help people stop smoking. What works for one person may not work for another. That's why the Center for Living at the Prairie Heart Institute at St. John's Hospital developed an integrative approach that combines the best of traditional medical approaches with acupuncture and mind-body medicine techniques.

Called ***Stop Smoking ... Start Living***, this approach will help you take the necessary steps to quit smoking for good.

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619 E. Mason Street • Springfield, IL 62701
(217) 544-LIVE (5483)
www.prairieheart.com/cfl

Stop
Smoking ...
Start Living

**A new approach
to help you stop smoking.**



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