

QUIT SMOKING TODAY!

Fulfill Your New Year's Resolution with Breathe California

This New Year, take the first step towards living healthier and breathing easier - quit smoking! Breathe California is proud to be hosting a number of its *Ash Kickers Quit-Smoking Classes* this January to help local residents kick the habit. Led by a trained facilitator, the class offers smokers the resources and strategies to quit and stay quit. The sessions also provide a comfortable group atmosphere that facilitates a natural support network for each participant. We'll help you every step of the way as you work to become smoke-free. You're not the only one trying to quit and you don't have to do it alone! Sign up today!

Ash Kickers Quit Smoking Program



- 1 Time to Make the Break**
Overview of the program that will help you learn what you do, why you do it, and how to undo it. Contemplation phase.
- 2 Commit to Change**
Prepare to quit. Recruit supporters, learn quitting skills and strategies. Make individualized plans. Preparation phase.
- 3 Take Action**
Quitting day. Group dynamics help you solve potential problems with new skills and strategies. Action phase.
- 4 Keys to Success**
Repair for health. Group meets 48 hours after quit day. Quitters rally to lend each other support. Action phase.
- 5 Keys to Continued Success**
Build healthy habits that will keep you smoke-free: healthy eating, exercise, and stress management. Maintenance phase.
- 6 Maintain Your Quit**
Prevent Relapse. Uphold your resolve to stay quit and celebrate. Maintenance phase.

SAN JOSE

January 13 - February 10

Wednesday evenings, 6:00 pm – 7:30 pm

Additional meeting on Friday, January 29

Breathe California office

1469 Park Ave. San Jose, CA 95126

SANTA CRUZ

January 20 - February 17

Wednesday evenings, 6:00 pm to 7:30 pm

Sutter Hospital

2880 Soquel Avenue Suite 10

(located on the 2nd floor by the elevator)

Santa Cruz, CA 95062

For more information on these or other upcoming classes in Santa Clara County, visit www.lungsrus.org or contact Dennis Achá at (408) 998-5865, dennis@lungsrus.org.

To find out about classes being held in Santa Cruz County, call (831) 251-9563.

To learn about classes in San Mateo County, please call our Golden Gate office at (650) 994-5868.



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