

SMOKING CESSATION

Nov. 11TH, 2008

Keys to Quitting

X Your Top Three Reasons to Quit:

- 1)
- 2)
- 3)

X Places to put your Reasons to Quit:

- 1)
- 2)
- 3)

X Set Your Quit Date:

X People you are going to tell about your quit date:

- 1)
- 2)

X Talk to a Doctor about NRT (nicotine replacement therapy)

X Times or situations when you really want to Smoke:

- 1)
- 2)
- 3)

X Getting some Help:

- 1) **Harris County Hospital District Community Health Education Information Line at 713-566-6064**
- 2) **Cooper Clayton Smoking Cessation Program at Ben Taub General Hospital: Contact Laura Pena at 713-873-4465**