

Registration Form

Mail to:
Arnot*Health* Heart and Vascular Institute
Attn: Tobacco Cessation
600 Roe Avenue
Elmira, NY 14905

Please include a check for \$45 payable to
Arnot Ogden Medical Center.

Name: _____

Address: _____

City, State, Zip: _____

Home Phone: _____

Work/Message Phone: _____

Questions - Call 607-737-4169.

No Ifs, Ands, or Butts



Tobacco Cessation Classes

Arnot*Health*

Heart and Vascular Institute
Tobacco Cessation
600 Roe Ave.
Elmira, NY 14905
607-737-4169

Why Quit?

- Your loved ones want you to quit
- Your doctor tells you, you should
- You want to feel better
- You want to protect your heart
- You're tired of feeling guilty about this
- You want to be able to do things you can't do now because you get too short of breath
- You're tired of spending all that money
- You can think of a better way to spend that money

It's Time To Quit

Class times and dates are based on need and interest. This is a six week, one-hour class that meets seven times. Participants must attend all classes.

Classes locations and times will vary, depending on need. **Please call 607-737-4169 to get a listing of class dates, times and locations.**

Class Topics

The following are the topics that will be covered during this six week smoking cessation course.

- 1st week—Overview of Options
- 2nd week—Preparation
- 3rd week*—Quit Day & Stress Management
- 4th week—Benefits of Quitting
- 5th week—Relapse Prevention
- 6th week—Maintaining the Quit

*Class will meet twice during week 3

Please wait for the class to begin before you quit smoking. You will be quitting with the class at a future time.

When registering for a class please complete the form on the back of this brochure and include a check for \$45 payable to Arnot Ogden Medical Center.