

Quit for Life: Smoking Cessation Program

Benefits of Quitting

- **Better Overall Health:** You will breathe easier, lower your risk of cancer, have more energy, a better sense of taste, fewer wrinkles and a longer life!
- **Be a Role Model for Your Kids:** When parents quit smoking or chewing, their children are less likely to use tobacco.
- **More Money in Your Pocket:** Look at how much you can save!

	1 pack	2 packs
Day	\$5.15	\$10.30
Week	\$36.05	\$72.10
Month	\$154.50	\$309.00
Year	\$1,879.75	\$3,759.50
10 Years	\$18,797.50	\$37,595.00
20 Years	\$37,595.00	\$75,190.00
30 Years	\$56,392.00	\$112,784.00

Success of the Quit for Life Smoking Cessation Program

- An 80% success rate for participants who attend all five classes.
- The group sessions help you to quit and provide the support you need.

Are You Ready to Quit?

- Most people try five to seven times before they are successful.
- 70% percent of smokers want to QUIT!

What Does Quit for Life Cost?

\$40 covers the **five-session** class and **all course materials**—and possibly a coupon redeemable for a two-week supply of the nicotine patches or gum. Pre-payment is preferred and reserves a place for you in the class.

When are Classes?

Quit for Life takes place in January, February, March, April, May, June, September, October, and November. Additional classes may be available. Please call for more information.

**Please contact us at the Saint Patrick
Community Services Department at 406-
329-5740.**



Quit for Life: Tobacco Cessation Program 2010 Monthly Session Dates

January 11, 13, 18, 20

February 8, 10, 15, 17

March 8, 10, 15, 17

April 5, 7, 12, 14

May 10, 12, 17, 19

June 7, 9, 14, 16

September 6, 8, 13, 15

October 11, 13, 18, 20

November 8, 10, 15, 17

Cost: \$40 - Make check payable to: St. Patrick Hospital
(payment due at first session)

Includes: materials, voucher for two weeks of
gum or patches; water bottle with Quit Kit

Location: Providence Center, Group Room

Time: 6:30 – 8:00 P.M.