

# COMMIT Coalition Cessation Guide

## Free Services for 2006-2007

### SMASH THE ASH CLASS

This is an 8-week class designed to help participants quit smoking as a group. Class topics include stress management, pack tracking, figuring out triggers and identifying ways to deal with cravings. This class includes **free** nicotine replacement products (patch, gum or lozenge.) participants quit smoking on the day of the fourth session.

#### Evening Class

We meet on **Tuesday** nights from 5:30-6:30 p.m.  
Classes start on July 25, September 26, January 16, and March 27

#### Daytime Class

We meet on **Wednesdays** from 11 a.m. – 12 noon for 8 weeks.  
Classes start on July 26, September 27, January 17, and March 28

**Registration is required.** To register, go to the Community Health Free Medical Clinic at 947 14<sup>th</sup> Ave SE (attached to Jane Boyd).  
Registration begins two weeks before class start date.  
Class size is limited, so make sure to sign up early!



### Help You Can Count On

No need to wait for a class or clinic.  
Below are resources that can help you quit **NOW**. All of these services are free and waiting for you to contact them.

**Quitline Iowa- 1-866-U-CAN TRY (1-866-822-6879)** A free service for people who are interested in learning about ending tobacco use or for people who have quit who just need a little more help. Hours are from 8 a.m.- Midnight, 7 days a week.

**American Cancer Society Quitline- 877-Yes-Quit (877-937-7848).** This quitline provides tobacco users with telephone counseling and other resources to help smokers quit.

**Freedom From Smoking Online-** The American Lung Association has an online smoking cessation program which offers free support 24/7 at [www.lungusa.org/ffs/](http://www.lungusa.org/ffs/). This is a free web-based support system.

### Quit Clinics

One-Time Quick Quit Clinics (say that three times fast!) are perfect for finding tips and tools to help you quit. There are many resources available and this clinic gives you the opportunity to learn all about them.

These clinics are open to the community and are located at ASAC Prevention Services, 3536 18<sup>th</sup> Ave SW.

**Great American Smoke Out Clinics**  
November 15 from 5:30-6:30 p.m.  
November 16 from 1-2 p.m.

**New Year's Quit Clinic**  
December 29 from 1-2 p.m.

**Kick Butts Day Quit Clinics**  
March 27 from 5:30-6:30 p.m.  
March 28 from 1-2 p.m.

**No need to register, just join us!**

*Quitting smoking is hard to do; we hope that our services will make quitting a little easier!*

**Sponsored by the COMMIT Tobacco Free Coalition.**  
For more information about these programs, call 390-1884 x 213 or email [msisk@asac.us](mailto:msisk@asac.us).