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lligators are primitive, yet powerful creatures with one goal—the next meal. But this ancient animal is no match for a well-armed human.

The brain's nicotine receptor area is like the alligator. All it wants is nicotine, particularly through smoking. When deprived of nicotine, cravings and other feelings are unleashed which are difficult to resist.

For many individuals who have chosen to become **non-smokers**, a support group is an extremely effective way to become **well-armed**, helping to control and beat the smoking alligator.

'GATOR CONROL

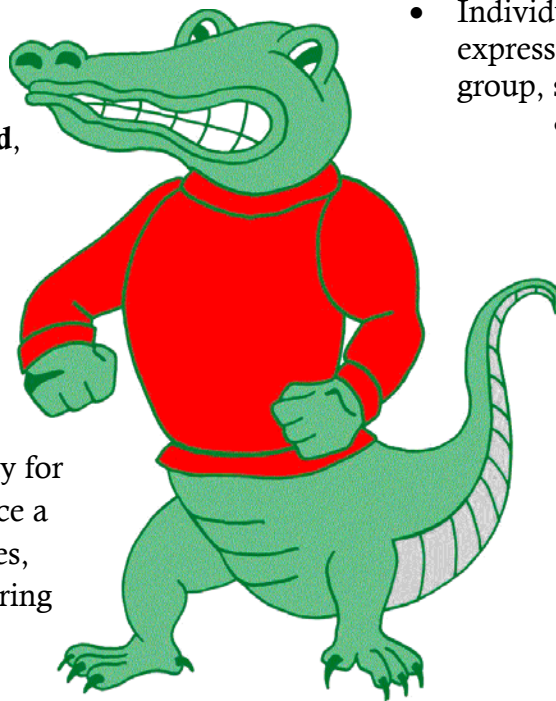
The NICC Support Group, nicknamed the **'Gator Club**, provides a positive opportunity for support and understanding. The group meets once a week to discuss strategies, problems, slips, relapses, and successes that are commonly experienced during the initial quitting period.

Any support sought during the first 3 months of quitting is vital to lasting success. You will find the support group to be a safe environment in which to examine your addiction to tobacco and find help to become a life-long non-smoker.

To each person, something has provided the impetus to begin the healing process for the body. Heart, lungs, mouth, and many internal organs are affected by smoking.

Further individual help is available through referral to NICC program counsellors and to other community health personnel.

The **'Gator Club** is guided by volunteers, all ex-smokers. In any given week, topics such as relaxation, stress management, food, and exercise are discussed as they relate to each person's



Becoming a non-smoker is a life-long decision that each person must make for themselves

CLUB RULES

- Attend as often as you want. The more regularly you attend, the better your chance of success.
- Any smoker, past or present, is welcome. It is not necessary to have seen a NICC counsellor.
- Individual confidences expressed within the group, stay there.
 - Be prepared to succeed!

THE MISSION of the **'Gator Club** is to assist and support, within a positive environment, individuals wishing to quit smoking and stay quit.

The **'Gator Club** is sponsored by the Nicotine Intervention Counselling Centre, a program of the Northern Health Authority.



CALL 262-5269

FOR MORE INFO!

"Stopping is a life choice"