



Quit 'Fresh Start' Course

Who should do the course?

People who want to quit smoking.

How does the course work?

A trained course leader will discuss the essential strategies to help you overcome your smoking addiction. Video and written materials are used to help you understand:

- why you smoke
- what part smoking plays in your life
- how to change behaviour
- staying quit

You will learn techniques to deal with difficulties such as withdrawal, stress, and weight gain.

A maximum of 15 participants can join the group. This allows opportunities for individual feedback from the course leader and friendly support and encouragement from other group members. Minimum numbers also apply.

Who runs the course?

A trained educator conducts the course; they are regularly updated on the latest information about helping people to quit smoking.

What will you get out of the course?

When you are a non-smoker you will be much healthier.

- Your risk of serious illness will be reduced
- You will feel satisfaction at succeeding and taking more control of your life
- You will have more money to spend and save.

How long is the course?

The course is normally 8 X 1 hour sessions, or 4 x 2 hour sessions.

Where is the course conducted?

Courses can be conducted in workplaces, schools, and community settings. We ask that a TV/Video/DVD, whiteboard, overhead/data projector are available.

How much is the course?

The fee is normally \$100 per person but is negotiable for certain settings and organizations.

We encourage all people to consult their doctor as a part of their plan to quit.

**To make a booking or for more information contact the Cancer Council on
02 6257 9999 or email quit@actcancer.org**