



Quit Seminar

Who should attend the seminar?

Persons who are interested in quitting smoking, or are supporting someone who is.

What will the seminar cover?

The Quit seminar provides information about the different strategies for quitting.

The course is designed to increase your:

- understanding of the addiction of smoking
- knowledge of different quitting methods and products
- understanding of smoking and quitting so that you are able to choose a personal quitting strategy that suits you

And for you to:

- reduce any fear and anxiety about quitting smoking
- gain information to enable access to a range of resources and support.

Who conducts the seminar?

A trained and accredited educator, who is regularly updated on the latest information about helping individuals quit smoking.

How long is the seminar?

1 – 1 1/2 hours in length.

How many people can attend?

There is no maximum or minimum number as long as the venue is satisfactory.

Where are seminars conducted?

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

How much is the seminar?

The seminar costs \$380 including GST. This fee may be waived for schools, community groups, and non-profit organizations.

What is the next step?

People who have attended the Quit seminar often make the decision to quit. The Quit Fresh Start course is designed to provide detailed information and support in a group setting for such people.

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**