

Evergreen Wellness

Tobacco Cessation



[Click Here to be directed to the Quite 4 Life website](http://www.quitnow.net)

The Quit For Life® Program, brought to you by the American Cancer Society® and Alere Wellbeing, is the nation's leading tobacco cessation program. It can help you or an eligible dependent overcome physical, psychological and behavioral addictions to tobacco through coaching, a customized quitting plan, and a supportive online community.

Expert Quit Coaches® help participants gain the knowledge, skills and behavioral strategies to quit for life. Participants have unlimited access to phone- and web-based coaching, as well as to Web Coach®, an online community for e-learning and social support. They also receive a printed workbook that helps guide them through the quitting process.

The program uses the 4 Essential Practices to Quit For Life:

1. **Quit At Your Own Pace** – Quit on your own terms, but get the help you need, when you need it.
2. **Conquer Your Urges to Smoke** – Gain the skills you need to control cravings, urges and situations involving alcohol.
3. **Use Medications So They Really Work** – Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.
4. **Don't Just Quit, Become a Nonsmoker** – Once you've stopped using tobacco, learn to never again have that "first" cigarette.

By mastering the 4 Essential Practices to Quit for Life, the chance of quitting is eight times more successful than by quitting cold turkey. You or a loved one could be the next person we help quit tobacco. You may qualify for nicotine replacement therapy. The program is free, confidential, and it works.

Call 1-866-QUIT-4-LIFE (1-866-784-8454), OR LOG ON TO WWW.QUITNOW.NET FOR DETAILS OR TO ENROLL.