

Breathe Well, Live Well

Quit Smoking Program

WVU Family Medicine

- FREE smoking cessation group meetings
- WVU Family Medicine Department at University Town Centre — Conference Room 1A
- 6 weeks, 1 hour per week
- Mondays, 6 - 7 pm
- Groups led by team of dietician and pharmacists
- Help with nicotine replacement products
- Light refreshments provided

Program Schedule

April 10th: Introduction

April 17th: Understanding Habit and Addiction

April 24th: Developing a Plan to Quit

May 1st: Quit Day Follow-up and Maintenance

May 8th: Preventing Relapse

May 15th: Reflections

WVU Family Medicine

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Group Leaders:

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