

# QUIT SMOKING TODAY!

*Fulfill Your Resolve to Quit with Breathe California*

Take the first step towards living healthier and breathing easier - quit smoking! Breathe California is proud to be hosting its *Ash Kickers Quit-Smoking Classes* to the community kick the habit. Led by a trained facilitator, the class offers smokers the resources and strategies to quit and stay quit. The sessions also provide a comfortable group atmosphere that facilitates a natural support network for each participant. We'll help you every step of the way as you work to become smoke-free. You're not the only one trying to quit and you don't have to do it alone! Sign up today!

## Ash Kickers Quit Smoking Program

Cost is: \$70  
Seniors 65+: \$50 &  
Sliding Scale Available



- 1 Time to Make the Break**  
Overview of the program that will help you learn what you do, why you do it, and how to undo it. Contemplation phase.
- 2 Commit to Change**  
Prepare to quit. Recruit supporters, learn quitting skills and strategies. Make individualized plans. Preparation phase.
- 3 Take Action**  
Quitting day. Group dynamics help you solve potential problems with new skills and strategies. Action phase.
- 4 Keys to Success**  
Repair for health. Group meets 48 hours after quit day. Quitters rally to lend each other support. Action phase.
- 5 Keys to Continued Success**  
Build healthy habits that will keep you smoke-free: healthy eating, exercise, and stress management. Maintenance phase.
- 6 Maintain Your Quit**  
Prevent Relapse. Uphold your resolve to stay quit and celebrate. Maintenance phase.

### San Jose

Wednesdays, 6:00 pm – 7:30 pm

*Additional meeting on the Friday of the 3rd week*

**Breathe California of the Bay Area**

1469 Park Avenue

San Jose, CA 95126

*For more information on these or other upcoming classes in Santa Clara County, visit [www.breathebayarea.org](http://www.breathebayarea.org) or contact Julia Barba at (408) 998-5865, [julia@lungsrus.org](mailto:julia@lungsrus.org).*



**BREATHE**  
**CALIFORNIA**  
*of the Bay Area*