



## It's easy with free Online Group Coaching

Join our Tobacco Cessation Series right from your computer!



### Quitting Tobacco Together

- Sessions are 30 minutes a week for 6 weeks
- See and hear your health coach during each class
- Ask questions and get the answers live
- Start living the healthier life that you deserve!

**6 week series begins Wednesday, January 17<sup>th</sup>**

**11:00-11:30 CT or 3:30-4:00pm CT**

30 minute sessions

**Registration is required and space is limited!**

*Please register for only one session time*

**Participants completing at least 5 out of 6 sessions will be entered to win a Jawbone UP3 tracker!**

\*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4<sup>th</sup> floor, New York, NY 10018

See other side for sign up instructions and class descriptions

# Ready to start getting healthy?



1. Register using the link above.
2. Enter your registration information and click on "Register."
3. Check your email for your registration confirmation.
4. Save the group coaching series to your calendar for the day/time you choose.
5. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
6. Come prepared to learn, interact, and have fun!

## Program details:

<b>WEEK 1</b> <b>Thinking about quitting</b>	A helpful review of how tobacco may be affecting your health and the benefits of quitting tobacco use.
<b>WEEK 2</b> <b>Why should I quit?</b>	Learn the pros and cons for using and quitting tobacco.
<b>WEEK 3</b> <b>Making a quit plan</b>	A discussion of the elements of a quit plan and begin to assess your temptations.
<b>WEEK 4</b> <b>Using medicine to quit</b>	Review the types of medicine available to help and discuss pros and cons of each.
<b>WEEK 5</b> <b>Handling temptations</b>	Discuss common temptations and learn how to apply the ACE strategy to address these temptations.
<b>WEEK 6</b> <b>Dealing with stress and what we've learned</b>	Understand what may be causing stress and discuss strategies for dealing with stress.

## Online Group Coaching

**It's free. It's easy. And it just may change your life.**

