



March 14, 2017 - April 18, 2017

***“Live Free”* No-Cost Adult Tobacco Cessation Program**

FREE Tobacco Cessation Programs For Adults

Now is the perfect time to end your addiction to nicotine. Willamette Valley Cancer Foundation’s “Live Free” tobacco cessation program is led by a certified tobacco treatment specialist, and is 100% free to join.

Our highly trained, compassionate staff understands each smoker is an individual with a unique tobacco-use history. We’ll offer encouragement and proven strategies for overcoming nicotine withdrawal, cravings, stress, and fears about quitting.

Tobacco use contributes to an extensive list of serious diseases, including cardiovascular and cerebrovascular diseases, multiple cancers, emphysema, and bronchitis. The benefits of quitting, however, can be seen almost immediately:

- After 20 minutes: Your blood pressure and pulse decrease. The temperature of your hands and feet increases.
- After eight hours: The carbon monoxide level in your blood returns to normal. Oxygen levels in your blood increase.
- After 24 hours: Your chance of heart attack decreases.
- After 48 hours: Your ability to taste and smell starts to return.

You’re not alone. If you’re ready to quit using tobacco, we’re here to help. For more information or to sign up for our next session, please contact us at 503-435-6592 or tobaccofree@wvcancerfoundation.org.

Meetings will be held in the HR Hoover Cancer Center conference room.



***“Live Free”* Adult Tobacco Cessation Program**

ORIENTATION

Tuesday, March 14, 2017
5:30pm-7:00pm

PROGRAM PREPARATION

No meeting; participants begin drug therapies (optional)

QUIT WEEK

Monday, March 27, 2017
5:30pm-7:00pm

Tuesday, March 28, 2017
5:30pm-7:00pm

Thursday, March 30, 2017
5:30pm-7:00pm

RELAPSE PREVENTION

Tuesday, April 4, 2017
5:30pm-7:00pm

Thursday April 6, 2017
5:30pm-7:00pm

MAINTENANCE WEEK

Tuesday, April 11, 2017
5:30pm-6:30pm

Thursday, April 13, 2017
5:30pm-6:30pm

GRADUATION

Tuesday, April 18, 2017
5:30pm-6:30pm

Meetings will be held in the HR Hoover Cancer Center conference room.

Willamette Valley Cancer Foundation

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