



LET'S QUIT TOGETHER

"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.

Classes are commonly held in the HR Hoover Cancer Center conference room however, location can be negotiated depending on group size.



"Live Free" Adult Tobacco Cessation Program

Sample 6-Week Program Schedule:

WEEK 1

Orientation

1 1/2 hours



WEEK 2

Program Preparation

No meeting; participants begin drug therapies (optional)



WEEK 3

Quit Week

4 1/2 hours



WEEK 4

Relapse Prevention Week

3 hours



WEEK 5

Maintenance Week

3 hours



WEEK 6

Graduation Week

1 hour

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Willamette Valley Cancer Foundation

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