

HOW DO I SIGN UP?

Receive one of these FREE services by calling:

1.866.new lung
(1-866-639-5864)

Services for adults are offered in English, Spanish, Vietnamese, Korean, and Farsi.



APPOINTMENT REMINDER

DATE: _____

TIME: _____

LOCATION: _____

FOR FREE HELP TO QUIT SMOKING CALL:

1.866.new lung
(1-866-639-5864)



ochealth
CARE AGENCY

QUIT SMOKING TODAY

FREE SERVICES IN ORANGE COUNTY



OUR PROGRAM GIVES YOU

- **FREE** Nicotine Patches
- A Quit Plan That Is Right For You
 - Tips on Dealing With Stress
 - Individual Support

DID YOU KNOW THAT THERE ARE OVER 7,000 CHEMICALS IN CIGARETTE SMOKE?

HOW QUITTING SMOKING WILL HELP YOU

WHAT YOU WILL RECEIVE

Understand How to Quit

Our specialist will teach you how to prepare yourself to quit smoking.

Make Your Own Quit Plan

We will help you in making a quit plan specific to your triggers and needs.

Tips On Dealing With Stress

Learn healthy ways to handle your stress.

Free Nicotine Patches

Receive a two week supply of nicotine patches.

CHOOSE THE SERVICE THAT WORKS FOR YOU

Seminars

Attend a one-time 90 minute or two-time 45 minute seminar to get the support you need in the quitting process.

5 Week Class Series

This class meets for one hour per week, for five weeks to provide steps to quitting and guidance on how to stay quit.

Individual Counseling

Meet in person with a counselor to discuss your individual needs to quit.

\$1,600

Those who smoke a pack a day can save approximately \$1,600.00 a year.

20 MINS

20 minutes after quitting, blood pressure, pulse rate, and body temperature return to normal.

24 HRS

24 hours after quitting, your chances of having a heart attack go down.

48 HRS

48 hours after quitting, your sense of smell and taste start returning to normal.

72 HRS

72 hours after quitting, your breathing gets easier.

WHY DO YOU WANT TO QUIT?



1.866.newlung