

10 Reasons to Quit Smoking

- I will reduce my chances of having a heart attack or stroke.
- I will reduce my chances of getting lung cancer, emphysema, and other lung diseases.
- I will have better smelling clothes, hair, breath, home, and car.
- I will climb stairs and walk without getting out of breath.
- I will have fewer wrinkles.
- I will be free of my morning cough.
- I will reduce the number of coughs, colds, and earaches my child will have.
- I will have more energy to pursue physical activities I enjoy.
- I will treat myself to new books or music with the money I save from not buying cigarettes.
- I will have more control over my life.

We're here to help...



Funded by:

ClearWaySM
MINNESOTA

Fond du Lac Reservation
Public Health Nursing Department

Tobacco Cessation Educator
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Phone: 218-878-3707
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Smoking Cessation

218-878-3707

**Wiidoowkowishin
QUITPLAN[®]
Center**



QUITPLAN

Options to help you quit...

The FDL Wiidoowkowishin QUITPLAN® Center works with other departments to help clients quit smoking.

The Medical Clinic and Pharmacy offer:

- Patches
- Wellbutrin
- Chantix
- Hypnosis
- Homeopathy
- Acupuncture

*In order to be ELIGIBLE to receive these options, you must attend smoking cessation sessions. Some options require approval from your medical provider.

OUTLINE OF SMOKING CESSATION SESSIONS

1. *Thinking about a healthier life:*

- ◆ Smokerlyzer (breath analyzer)
- ◆ Why do I smoke?
- ◆ Am I ready to quit?



2. *Starting the journey:*

- ◆ Making a plan
- ◆ Coping strategies
- ◆ Rewarding yourself



3. *A new beginning~ QUITDAY!*

- ◆ Stress Management
- ◆ Recovery & Support
- ◆ Weight control



4. *Staying on the road to a healthier life:*

- ◆ Relapse Prevention
- ◆ Graduation
- ◆ Evaluation



Sessions are available at the Min No Aya Win Human Services Center in Cloquet and at the Center for American Indian Resources (CAIR) in Duluth.

Call 218-878-3707 to set up an appointment.

