

## Are You Ready To Quit Smoking?



### *Help is available!*

Quit Smart is a 4-session group program designed to help you gain freedom from cigarettes or other forms of tobacco.

This program will help you:

- ◆ outsmart the habit
- ◆ break your nicotine addiction through patches or medication and with brand switching
- ◆ minimize weight gain
- ◆ learn coping strategies while quitting

## Quit Smart Includes:

The Quit Smart Stop Smoking Kit has powerful tools such as the following:

- ◆ **Quit Smart Guide** - featuring information about the nicotine skin patch, Zyban, and other new methods.
- ◆ **Hypnosis Audiotape** - induces relaxation and helps overcome your emotional dependence on cigarettes.
- ◆ **Better Quit Cigarette Substitute** - a new patented device that has a realistic feel and an adjustable air flow. Use of Better Quit gradually reduces your habit of handling a cigarette.



## Q: WHAT IS HYPNOSIS?

Hypnosis is a natural state of relaxation and focused attention. It helps your mind to focus on the best ways to remain comfortably free of cigarettes.

The Quit Smart self-hypnosis tape helps you develop the care and respect for your body that naturally leads to permanent freedom from smoking.

## Q: WHAT IF I DON'T HAVE THE WILLPOWER?

In Quit Smart, you will learn that quitting smoking has as much to do with skills as with willpower. We will help you develop your coping skills.



Is designed to help you with:

- ◆ preparing to quit
- ◆ quitting
- ◆ remaining a non-smoker



Over 43 million people in the U.S.  
have quit smoking.

*You can, too!*

A new group starts every month.  
For more information, call:

Albany VA Medical Center  
518-626-5342

Bath VA Medical Center  
607-664-4300

Binghamton Outpatient Clinic  
607-772-9100

Canandaigua VA Medical Center  
716-393-7297

Rochester Outpatient Clinic  
716-242-0160, Ext. 2257

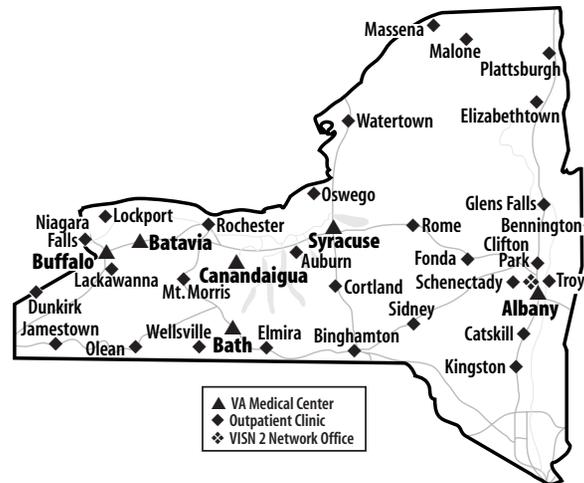
Rome Outpatient Clinic  
315-330-5515

Syracuse VA Medical Center  
315-476-7461, Ext. 3434 or 3252

VA Western New York Healthcare System at Batavia  
716-343-7500, Ext. 7513

VA Western New York Healthcare System at Buffalo  
716-862-8595

## Reaching Us Is Easy



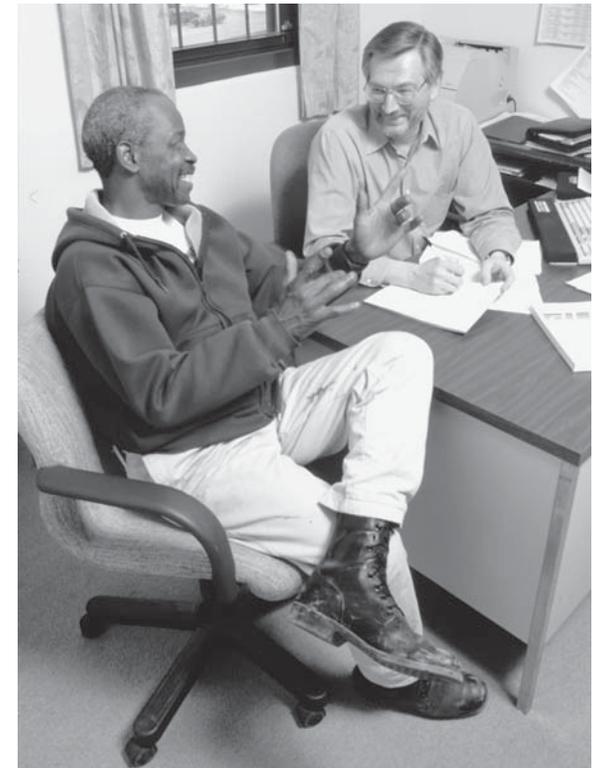
**VA Healthcare On The Web**  
<http://www.va.gov/visns/visn02/>  
**Upstate New York Veterans ~**  
Wherever you are, When you need help ...  
**VA TELCARE**  
**1-888-838-7890**

Produced by Network Marketing/Communications  
Designed and printed by the Network Print Shop, Bath VA Medical Center

Leading Health Care  
In The 21st Century



# QUIT SMART™



*with Help from the VA  
Quit Smoking Program*

