



Community Hospital of the Monterey Peninsula®

KICKtheNIC
STOP SMOKING NOW

Are you or is someone you love a smoker?
Are you thinking of quitting?

Research shows that
combining group
support, individual
counseling,
and medication
increases chances
of success.

Community Hospital now provides a comprehensive program to help kick nicotine addiction.

We offer:

Introductory one-hour group session — An interactive discussion on how nicotine affects the body and mind, symptoms of withdrawal, benefits of quitting, new medications and treatment, and how to assess readiness to quit.
Call for dates.

Individual counseling and medication management — Partner with a tobacco cessation counselor and doctor for a comprehensive assessment, including the need for nicotine replacement or prescription medications. Individual appointments include a review of medications, setting action steps, and learning to manage urges and change behavior.

Weekly support group — An opportunity to share practical ideas, manage challenges, and share successes. The first Wednesday of every month includes an education component by a guest speaker.

To learn more, please call 625-4765.