

Q.U.I.T.™ will cost you nothing!

In fact, it will pay you dividends!

The program's fee of \$200 is less than the tobacco cost to a mild smoker who smokes a pack of cigarettes a day for 6 weeks!

Once you are tobacco-free for 6 weeks, you have already paid yourself back for the cost of Q.U.I.T. program by your savings.

Then, you will continue to save yourself over \$150 each month, over \$1,800 a year in after-income-tax SAVINGS!

You will be encouraged to set aside your former tobacco money toward a healthier goal of your choosing. Perhaps for ...

- ✓ Your new health club membership ...or
- ✓ That week-vacation you have wanted or
- ✓ Down-payment for your new car ... or
- ✓ Monthly visit to therapeutic massage or
- ✓ New skis, golf clubs, tennis racquet or
- ✓ Taking that course you have wanted or
- ✓ Whatever you want as a healthy reward

AND a longer, healthier, happier life!

NEXT SESSION BEGINS ---

Day: MONDAY

Date: With Adequate Registration

Time: 8:15 PM

Location: CHESHIRE



350 South Main Street / Suite 23
Cheshire, CT 06410-3160
203 271-1234

72 North Street / Suite 205
Danbury, CT 064810
203 790-1234

PRESENTS

Q.U.I.T.™
QUIT UNWANTED INTAKE
OF TOBACCO™

TOBACCO USERS DILEMA:

Stopping your use of your tobacco product of choice is TOUGH!

Cigarettes. Chewing tobacco. Cigars.

Research indicates that tobacco is more addicting than some hard drugs!

The 21st century is a difficult time to be a tobacco user! You don't need to read the dangers of tobacco here. You already know them. The tobacco industry has been taken to task and are being made financially accountable. Today, most workplaces are already tobacco-free. Now many restaurants and even bars are going smoke free. Also, some of your family members and friends won't get off your back about it; neither will your doctor.

Most smokers have already tried to quit, maybe several times. Nicotine gum. Patches. Computerized tapering. New Years resolutions. Cold turkey. Many tobacco users have found themselves right back into the habit.

Soooo, what's a tobacco user to do????

Q.U.I.T.™ IS HERE FOR YOU!

“Quit Unwanted Intake of Tobacco”™ is your pathway out of the addictive trap, the costly habit, the side effects and the possibly deadly consequences.

Q.U.I.T.™ is a 6-week group-based program of once-a-week sessions. Participants are assisted to prepare to be and to accomplish becoming tobacco-free.

Facilitated by our mental health specialists, your success to Q.U.I.T.™ is attained by:

- ✓ Providing an opportunity to talk with group members about your history of tobacco use & your reasons for quitting
- ✓ Learning the information you need to be successful this time
- ✓ Developing an individualized “action plan” for successful quitting
- ✓ Learning & using skills of relaxation, meditation & positive affirmations
- ✓ Gaining the positive reinforcement and learn effective relaxation techniques
- ✓ Organizing supports for success among your family, friends and coworkers
- ✓ Developing behavioral changes which will help you succeed
- ✓ Completing assigned tasks between sessions which are related to your goal

If you want more information or to enroll in Q.U.I.T., please call:

Lynn M. Krieg, MS, LPC
Cheshire area office 203 271-1234

Wendy Sauer, LCSW, CADAC
Danbury area office 203 790-1234

HUMAN RESOURCES DEPARTMENT ALERT:

More than ever, in today's era of uncertain employment environments, keeping our best current employees and recruiting quality new workers is important and difficult. Current and prospective employees are looking for actions that indicate that we value them.

For your Human Resources Department, Q.U.I.T. is an opportunity to maintain the physical health of your most valuable resource, your workforce.

Lost workdays. Reduced productivity. Increased cost of health insurance. Higher turnover. Lowered quality of non-work lifestyles. These are some of the expensive costs of a tobacco-using workforce.

Your employees can be assisted to Q.U.I.T. by their attending a cycle of the program in our facility. Or arrangements can be made for our professional to provide a Q.U.I.T. course in your workplace.

If your Director of Human Resources wants more information or wishes to explore the possibilities, please call:

Cheshire area office 203 271-1234
Lynn M. Krieg, MS, LPC
Psychotherapist & Medical Counselor

Danbury area office 203 790-1234
Wendy Sauer, LCSW, CADAC

