



**Huron Medical Center's Healthy Lifestyle Program specifically addresses awareness of risk factors and lifestyle modifications related to heart disease. There are four classes in each series.**

**Quit Smoking Series**

Cost: \$10.00

**Improving Fitness Series**

Cost: \$10.00

**Better Nutrition Series**

Cost: \$10.00

**Managing High Blood Pressure Series**

Cost: \$10.00

**Managing Cholesterol Series**

Cost: \$10.00

**Stress Management and Emotional Wellbeing Series**

Cost: \$10.00

**Huron Medical Center Community Classes**

American Heart Association CPR

American Red Cross First Aid

American Red Cross Babysitting Class

American Red Cross Bloodborne Pathogens

Arthritis Foundation Exercise Class

Diabetes Self-Management Class

Childbirth Education

Arthritis Foundation Exercise Program

Healthy Lifestyle-Smoking Cessation

Healthy Lifestyle-Improving Fitness

Healthy Lifestyle-Better Nutrition

Healthy Lifestyle-Managing High Blood Pressure

Healthy Lifestyle-Managing Cholesterol

Healthy Lifestyle-Stress Management and

Emotional Wellbeing

Pre-Diabetes

**For more information, or to register, call  
Community Wellness Education  
at 989-269-2882**

**HURON  
MEDICAL  
CENTER**

1100 S. Van Dyke  
Bad Axe MI 48413

Phone: 989-269-2882

Fax: 989-269-3885

[www.huronmedicalcenter.org](http://www.huronmedicalcenter.org)

# Healthy Lifestyle: Quit Smoking



**Promotion of Health,  
Self-Management and  
Wellness**



## Quit Smoking Class Series

- Identify your smoking patterns and personal health risks
- Make a realistic day by day plan for quitting and staying smoke free
- Cope with the stresses of quitting
- Improve your diet
- Increase your physical activity
- Create a support system to assure your success



### WHEN AND WHERE ARE THE CLASSES?

The series of 2 classes is held at Huron Medical Center in the Distance Learning Classroom on the 3rd Floor, on November 3rd and 10th, 2011 from 1:00 pm to 3:00 pm

*Huron Medical Center, committed to providing excellence in healthcare to our communities in a caring, compassionate manner.*

## You Can Do It! You Can Quit!

**Are you addicted to smoking? What happens when you try to stop? On the surface, it may seem easy to quit. But it is not that easy.**

This series of 2 classes will provide you with support and tools you can use to help you stay smoke-free.

**Day 1:** Provides an overview of smoking risks, the quit smoking process, and helps you look at your personal motivations for wanting to quit. Helps you develop a personal plan for quitting. It includes how to deal with nicotine addiction. You will explore cravings and other physical symptoms. Find out how to get the personal support you need.

**Day 2:** Details nutritional needs, healing the damage smoking has done to your body, and reducing future risks. Maintaining and strengthening the body is critical to maintaining good health. Focuses on the personal aspects of quitting. How will your decision to quit smoking affect your relationships with your family, friends, and co-workers?

## Quit Smoking Series Registration Form



**Please enroll me in the series:**

Name	
Street Address	
City/Zip	
Home Phone	
Work/Cell Phone	
Doctor's Name	

**Please mail this registration form  
with the**

**\$10.00 Registration Fee to:**

Huron Medical Center  
Community Health/Hospital Education  
1100 S.Van Dyke