



How many times have you quit smoking? Three? Five? Ten?

If you're like most people who come to Stop Smoking ... Start Living, you've tried everything, and nothing has worked. Maybe you're ready to give up – but don't. There is hope.

Quitting smoking isn't just breaking a "bad habit." It's about changing your life so cigarettes aren't a part of it.

We can help you do this. Just ask the many people we've already worked with. They have quit smoking and most importantly, have learned how to live a smoke-free life.

If you would like us to help you stop smoking and start living a more healthy life, you can join our four-week group program or attend individually. Either way, you will learn:

- to identify what triggers your smoking, and make lasting changes that will keep you smoke-free.
- how to live more in the moment so you can respond (rather than react) to thoughts, feelings and situations that would normally trigger smoking.
- communication skills that will help you get the most from your support system.
- coping techniques to offset any nicotine cravings.
- how to relax deeply and affirm living a smoke-free life.
- how to cope with stress in ways that improve your overall well-being.

In addition, you will receive three acupuncture treatments the week you quit smoking. Research shows that acupuncture decreases the nicotine cravings and other withdrawal symptoms and supports the body as it rids itself of the harmful chemicals in cigarettes. You will also receive a helpful booklet and relaxation CD to further support your efforts.

Whatever your reason for quitting smoking and staying smoke-free, let us help you start now.

Stop Smoking ... Start Living

Four-week program

Includes: Three acupuncture treatments

Three classes

Program materials

Fee: \$350 for group program

\$400 for individualized program

For more information and/or to register call (217) 544-LIVE (5483).



Do it to save money.

Do it for your family.

Do it for you!