

# Freshstart®

is the American Cancer Society's free quit smoking program. It consists of four one-hour sessions held during a two-week period. All of the methods and activities contain the most effective elements for success.

Yet, the single most important element is **You** - and your dedication to fight the addiction of nicotine that makes you want to smoke. **Freshstart** can be your start to a new life without cigarettes!

More information about Freshstart and program materials are available through the Greenwich Department of Health at 203-622-7849.

The Greenwich Department of Health is committed to supporting your efforts to maintain a healthy lifestyle. Please contact us for more information about our many free programs offered to the Greenwich Community.

The Community Health Planning Office looks forward to hearing from you at 622-7849 or 622-7850

## For Additional Resources:



**Town of Greenwich  
Department of Health  
Community Health Planning**  
101 Field Point Road  
Greenwich, CT 06830  
Phone: 203-622-7849  
www.greenwichct.org



**American Cancer Society**  
Call 1-800-ACS-2345, 24 hours a day, 7 days a week for any type of cancer related information.



**Lower Fairfield County Regional Action Council**  
Call for information and referral on smoking and other substance misuse  
203-356-1980 ext 108



**Connecticut Quitline**  
Getting help is easy. 1-866-END-HABIT  
(1-866-363-4224)

*The Freshstart Smoking Cessation Program is a trademark of the American Cancer Society.*

*The Greenwich Program is offered through a partnership with the American Cancer Society, Greenwich Department of Health and Lower Fairfield County Regional Action Council.*



**Town Of Greenwich  
Department of Health**  
*offering the American Cancer Society's*

# FRESHSTART® Free Smoking Cessation Program



**Winning through Quitting**

Phone: 203-622-7849

## Why Quit Now?

You already know that smoking increases your chances of developing emphysema, heart disease, lung and other cancers. It is also a scientific fact that quitting smoking, no matter how long you have been smoking, does decrease your risk of smoking-related diseases and it does improve your health.

Five years after quitting, the risk of lung cancer decreases by almost half. People who quit smoking have improved cardiovascular function, which means lower blood pressure and more energy. They also enjoyed a renewed sense of taste and smell.

### How is Freshstart unique?

- ◆ **Freshstart** is designed for you, the adult smoker – no gimmicks, meaningless group activities, or busywork.
- ◆ While **Freshstart** uses group interaction to support quitting goals, individual situations are given more attention than the group process.
- ◆ **Freshstart** addresses the variety of reasons people smoke: physical addiction, habit and psychological dependency.
- ◆ Quitting smoking is the main goal of **Freshstart**, maintained by techniques and support to keep a smoker off cigarettes.

## What will happen to me in Freshstart?

The **Freshstart** program is designed to help you stop smoking in two weeks.

**Freshstart** emphasizes that smoking cessation is a two-part process:

- (1) Stopping, and
- (2) Staying Stopped

The group and your facilitator will help you stop smoking as quickly as possible, and you will learn new techniques for ending your physical and psychological need to smoke.

The four meetings you attend will be conducted as work sessions. Your **Freshstart** facilitator will begin each meeting by asking questions or individual reactions from group members. Quitting cold turkey, use of the nicotine patch, fighting urges to smoke, addressing physical symptoms of withdrawal from smoking, and highlighting all the benefits of not smoking are completely discussed throughout the two weeks.

**Freshstart** will give you concrete ways to handle two major obstacles for many ex-smokers: weight control and stress management. You will have a kit with materials for you to review and use at meetings and at home.

All along, **Freshstart** reinforces that you are the key to your own fresh start. **Freshstart** gives you effective tools to use while you stop yourself from smoking.

## Is Freshstart right for you?

Do you want to stop smoking?

Yes  No

Are you ready to make some changes in your daily life?

Yes  No

Are you ready to deal with some tough moments after stopping?

Yes  No

If you have answered “yes” to all three questions, you can stop smoking. Quitting might be hard, but it is one of the best things you can do for yourself.

Yes! I WANT TO QUIT SMOKING. Please enroll me in your next **Freshstart** class.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone and e-mail \_\_\_\_\_

Mail your contact information to The Greenwich Department of Health at the address listed below, or call us with your information.

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Department of Health  
101 Field Point Road  
Greenwich, CT 06830

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