

## HOW DO I SIGN UP?

Receive one of these FREE services by calling:

**1.866.new lung**  
(1-866-639-5864)

Services for adults are offered in English, Spanish, Vietnamese, Korean, and Farsi.



### APPOINTMENT REMINDER

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

LOCATION: \_\_\_\_\_

## FOR FREE HELP TO QUIT SMOKING CALL:

**1.866.new lung**  
(1-866-639-5864)



AHMC Anaheim Regional Medical Center  
AHMC Healthcare

# QUIT SMOKING AND VAPING TODAY

## FREE SERVICES IN ORANGE COUNTY



### OUR PROGRAM GIVES YOU

- **FREE** Nicotine Patches
- A Quit Plan That Is Right For You
- Tips on Dealing With Stress
- Individual Support

# DID YOU KNOW THAT THERE ARE OVER 7,000 CHEMICALS IN CIGARETTE SMOKE?

# HOW QUITTING SMOKING WILL HELP YOU

## WHAT YOU WILL RECEIVE

### Understand How to Quit

Our specialist will teach you how to prepare yourself to quit.

### Make Your Own Quit Plan

We will help you in making a quit plan specific to your triggers and needs.

### Tips On Dealing With Stress

Learn healthy ways to handle your stress.

### Free Nicotine Patches

Receive a supply of nicotine patches.

## CHOOSE THE SERVICE THAT WORKS FOR YOU

### Seminars

Attend a one-time 90 minute or two-time 45 minute seminar to get the support you need in the quitting process.

### 5 Week Class Series

This class meets for one hour per week, for five weeks to provide steps to quitting and guidance on how to stay quit.

### Individual Counseling

Meet in person with a counselor to discuss your individual needs to quit.

### Telephone Counseling

Chat with a counselor over the phone to discuss your individual needs to quit.

**\$1,600**

Those who smoke a pack a day can save approximately \$1,600.00 a year.

**20 MINS**

20 minutes after quitting, blood pressure, pulse rate, and body temperature return to normal.

**24 HRS**

24 hours after quitting, your chances of having a heart attack go down.

**48 HRS**

48 hours after quitting, your sense of smell and taste start returning to normal.

**72 HRS**

72 hours after quitting, your breathing gets easier.

## WHY DO YOU WANT TO QUIT?



1.866.newlung