

Smoking Cessation Program



Tobacco use continues to be the leading cause of preventable disease and death in the United States. Smoking can contribute to and exacerbate heart disease, stroke, lung disease and more.

Quitting tobacco can be difficult, but people who stop smoking greatly reduce their risk of dying prematurely and lower their risk of heart disease, lung cancer, diabetes and other health conditions caused by smoking.

The program at West Jefferson Medical Center is based on the American Lung Association's *Freedom From Smoking Program*. This 8-week program offers affordable individual or group classes once a week.



The program teaches the following:

- Benefits of quitting
- How lung disease can affect you
- Why nicotine is so addictive
- Quitting Methods: cold turkey, nicotine reduction, medications
- Coping tools to get through the urges
- The importance of exercise and changing your daily routine

Physician referral is NOT required

Location

West Jefferson Medical Center
1101 Medical Center Blvd.
Marrero, LA 70072

Hours of Operation

Monday - Thursday
7 am to 3 pm

Contact Numbers

504.349.2340
504.349.6226

 **West Jefferson
Medical Center**
Our Family Caring For Your Family™