Example Class Curriculum for Employer Group

Week One:
1. Explore reasons to quit
   a. Why quit now?
   b. Being around for family, health, financial, etc.
2. Health benefit—short and long term benefits
3. Medications overview
   a. Advantages/disadvantages
   b. Insurance coverage, etc.

Week Two:
1. What to expect/dealing with withdrawal
   a. Symptoms—mood changes, sleep, headaches, fatigue
   b. Support groups or medicine can help
2. How to quit
   a. Selecting a quit day
   b. Cold turkey vs. gradual
3. Track progress
4. Forming support groups with others
   a. Online vs. in-person
   b. Exchange contact info

Week Three:
1. Common smoking triggers
   a. Stress, alcohol/coffee
   b. Being around smoking, etc.
2. Coping with triggers
   a. relaxing activities, exercise (reduces urges and weight gain)
   b. reach out to support group
   c. straws, pens, etc. for physical habit
3. Staying motivated
   a. Slip ups happen, get back on the wagon
   b. Reward yourself for getting back on track
   c. Employer incentives for attendance or quitting (if applicable)

Week Four:
1. Health benefits
   a. Coughing less, breathe easier, etc.
   b. Decreased risk of heart disease, stroke, lung cancer
2. Financial benefits (https://www.quitnow.ca/quitting/calculate-my-savings)
3. Motivation to continue