

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