

Smoking Cessation Program

2017 Akron Schedule

Please Join Us

Summa Health offers a free program for anyone looking for help in quitting the use of tobacco products. Throughout our six-week course participants will learn about nicotine dependence and gain knowledge in different quitting methods. Participants will also benefit from the small group setting and have the ability to gain and lend support to each other.

A FREE Six-Week Program

Session One

Thinking about Quitting
Brief Overview of Program

Session Two

On the Road to Freedom
Managing Habitual Behavior

Session Three

Wanting to Quit
Understanding Urges/Cravings

Session Four

Solving Problems
Long Term Abstinence

Session Five

Quit Day

Session Six

Goals
Recovery and Support
Relapse Prevention

Program Options

January 5 – February 9
February 16 – March 23
March 30 – May 4
May 11 – June 15
June 22 – July 27
August 3 – September 7
September 14 – October 19
October 26, November 2, 9, 16, 30, December 7

Sessions are every Thursday evening, 5:30 – 7:00 p.m.

Location

Summa Health Jean & Milton Cooper Pavilion
161 N Forge Street
Akron, OH 44304
Ground Floor Conference Room

Pre-registration is required at
summahealth.org/quitsmokingnow or call
800.237.8662.

Instructor

All classes are taught by Certified Tobacco
Treatment Specialist Paul Bailey, RRT, CTTS.



Smoking Cessation Program

2017 Barberton & Wadsworth Schedule

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Goals
Recovery and Support
Relapse Prevention

Program Options

Barberton Campus

January 17 – February 21
Hospital Conference Room
Sessions are every Tuesday, 11:00 a.m. – 12:00 p.m.

Wadsworth-Rittman Medical Center

May 16 – June 20
Education Room
Sessions are every Tuesday, 12:00 – 1:00 p.m.

September 7 – October 12

Education Room
Sessions are every Thursday, 12:00 – 1:00 p.m.

Pre-registration is required at
summahealth.org/quitsmokingnow or call
800.237.8662.

Instructor

All classes are taught by a Certified Tobacco Treatment Specialist. One-on-one counseling sessions are also available. Contact Megan Dean, M Ed, CHES, CTTS at **234.312.5226.**

