The Montreal Chest Institute

Smoking Cessatlgn Pragaarse

WQU~~ y@a Eke to quit smoking?
YES 0

Hawe you tried to stop before only to start up again ... and again?

If you've answered "yes" to any of these
questions, the Montreal Chest lnstitute has
some encouraging news for you. Our proven
Smohing Cessation Progmm can help you
kick the tobacco habit for good.

This successful behavioural change program
adopts a positive and supportive approach - right
from the start. It offers you a customized and
systematic way to stop smoking - taking your
individual lifestyle and personal motivation into
account.

Fc@eQ@m Fmm SmakHng - For Life

We are committed to helping you remain
smoke-free for life. This means that we'll be
there for you during any difficult times, or if
you should ever resume smoking and need
extra support to stop again.

For more information,
call this number now:

6514) 849-5201 kt. 2503)!

Learn to walk the tobacco-free road with
a personally customized smoking cessation
program.

Discover the benefits of quitting smoking
that begin in as little as 24 hours.

Understand why you smoke and how to
substitute your most important cigarettes.

Build a personal support network.

Learn how to cope with withdrawal
symptoms.

Adopt winning quitting strategies.

Learn relaxation skills that will help you
cope with stress and cravings.

Implement positive lifestyle changes that
will help you enjoy every smoke-free day
to the fullest.

Find out about how to maintain a healthy
weight after quitting smoking.

Learn how physical activity and healthy
eating habits can help you remain a non-
smoker.

Learn how to cope with difficult social
situations.

Free yoursep from cigarettes. Participating in our proven
Smoking Cessation Program
is an important step!

The Montreal Chest Institute

We are a program of the Montreal Chest lnstitute
(MCI). The MCI specializes in the treatment of
respiratory diseases. Part of our mandate is to help
our patients and their families to stop smoking by
offering counseling, group sessions and telephone
follow-up.

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Any person who is using clinical or hospital
services of the McGill University Health Centre
(MUHC), can benefit from this program. Our
helping hand also extends to the client's immedi-
ate family members.
MUHC sites are the following:
Royal Victoria Hospital
Montreal Chest Institute
Montreal Neurological Institute
Montreal General Hospital
Montreal Children's Hospital

We offer you a choice of professional advice, indi-
vidual counseling, or a group program (a single
two hour session per week, for 8 weeks.)

A pneumologist is available at the clinic to review
your medical condition and your present treat-
ment, with the opportunity for you to use medica-
tion aids to help you overcome your tobacco
dependence (addiction).

We follow program sources from the American
Lung Association, Canadian Cancer Society, US
Public Health Service Clinical Practice Guideline,
and Clinical Practice Guidelines (Coll6ge des
mkdecins du Qukbec).

Fop. more i~nformation~ call or write:

Smoking Cessatio~l Program
3650, rue Saint-Urbain

Institut thoracique de Montreal
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