

# Montclair Health Associates



A Comprehensive Weight-Loss Program for  
Children and his/her Family

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## **QUIT SMOKING PROGRAM**

If you have tried to quit smoking, you know how hard it can be. For some people, nicotine can be as addictive as heroin or cocaine. Studies suggest that everyone can quit with help.

At Montclair Health Associates, we have 20+ years experience in behavioral health treatment. We will help you take proven, corrective actions and be successful quitting smoking this time.

Our Quit Smoking Program includes:

- Getting you ready to quit when you're ready
- Developing a personalized quitting plan based on your smoking history
- Discussing OTC and prescription medication options
- Many-sided treatment options including hypnosis
- Preventing Relapse during difficult situations
- Readily available access to unrestricted reinforcement and support, with no extra fees\*
- Treatment is generally quick, effective, and inexpensive. Call us for an appointment or for more information

### **Important Facts to Consider:**

- ♥ You need your body to live. Quitting will help you live longer.
- ♥ You already know what is bad about smoking, and haven't yet found a way to make that important enough to quit.
- ♥ Nicotine can be addictive. Professional help can make the difference in getting past the addiction.
- ♥ Quitting will change your physical capability to be more active and therefore lower your chance of having a heart attack, stroke, or cancer.
- ♥ If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- ♥ You will have extra money to spend on things other than cigarettes.
- ♥ The people you live with, especially if you have children, will be healthier. You will no longer be a role model for smoking.

\*An Apple Ipad is provided for your use and holds your recorded personalized treatment interventions to help you quit smoking and avoid relapse. The Ipad is yours to keep with enrollment in the Quit Smoking Program.