

HOW DO I GET TO HRC?

Driving Directions:

**Business 80 Freeway; Exit Marconi
Ave. east bound**

**Watt Ave.; turn on Marconi Ave.
east bound**

Public Transit Bus Routes:

#25 (Marconi Avenue)

#80, 82, & 84 (Watt Avenue)

**Call (916) 321-Buss (2877) for more
information on public**



**Human
Resources
Consultants**

People Helping People

3727 Marconi Avenue

Sacramento, CA 95821

(916) 485-6500

(916) 485-6814 Fax



Smoking Cessation



WE CAN HELP

Course Details

- 6 week course
- Personal quit date
- History of Nicotine
- Changing Thoughts
- Modifying Behaviors
- Medication Available
- Peer Support
- Relapse Prevention

Contact:

Shangri-La Dhaliwal-Facilitator ext 231

Christine Wetzel—Facilitator ext 226

**COME JOIN THE SMOKING CESSATION
GROUP**

THURSDAYS 10:00AM—11:00AM

**“IT’S EASY TO QUIT SMOKING,
I’VE DONE IT**

HUNDREDS OF TIMES.”

-ANONYMOUS

**“IF PEOPLE DON’T LOVE THEM-
SELVES ENOUGH TO CUT DOWN
ON THEIR SMOKING, THEY MAY
LOVE SOMEONE ELSE ENOUGH
TO DO IT.”**

-ANONYMOUS

**“SOME PEOPLE BELIEVE HOLD-
ING ON AND HANGING IN THERE
ARE SIGNS OF GREAT STENGTH.
HOWEVER, THERE ARE TIMES
WHEN IT TAKES MUCH MORE
STRENGTH TO KNOW WHEN TO
LET GO AND THEN DO IT.”**

- DEVELOP A PERSONAL PLAN
- CLARIFY YOUR REASONS TO QUIT
- PRACTICE CHANGING BEHAVIOR
- MINIMIZE WITHDRAWL SYMPTOMS
- LIVE A NEW HEALTHY LIFESTYLE
- BUILD YOUR SUPPORT TEAM
- ESTABLISH A REWARD SYSTEM
- FIND ALTERNATIVES TO SMOKING

**COME JOIN US ON APRIL 24TH AT
10:00AM—11:00AM**