

THE S.M.A.R.T.* CONSUMER GROUP

(An Educational Organization)

presents

AN EDUCATIONAL WORKSHOP

QUIT SMOKING THE RIGHT WAY:



The Smoker's Last Chance program is designed for those smokers who have made the decision to quit smoking, or for those who would like to help a friend or loved one quit smoking.

The workshop will include:

- ✓ **The Hazards of Smoking** - All participants will become familiar with the negative health effects of smoking. While most smokers are aware of the damaging effects caused by heart disease and emphysema, most are not familiar with diseases of the extremities and oral cancers caused by smoking.
- ✓ **The Rewards of Quitting** - The objective of the Smoker's Last Chance program is to help you improve the quality of your life. The very moment you quit smoking, your body begins to repair the damage caused by years of abusing tobacco. Examples include: In 20 minutes, blood pressure and pulse rate return to normal; In 24 hours, carbon monoxide will be eliminated from your body; In 48 hours, there is **no nicotine** left in the body.
- ✓ **Withdrawal** - During the next three weeks you may, or may not, experience withdrawal symptoms. These may include an **urge for tobacco, irritability, anxiety, difficulty concentrating, restlessness, headache, and drowsiness**. In order to minimize the effects of withdrawal, the participant will be given a list of healthy suggestions to follow, including the elimination of sugar from the diet for 10 days and deep breathing exercises. The participant will learn methodologies, including **self-hypnosis**, to help them in every area of their life in their quest to regain the self self-esteem and self confidence they deserve.

The S.M.A.R.T. Consumer Group (SCG) is an educational organization, comprised of various professionals to provide consumer education to companies, groups, associations, and organizations. Over the years hundreds of these workshops have been presented to a wide variety of audiences. Through its series of workshops and seminars, SCG introduces the keys to being a smart consumer. All education programs are available at NO CHARGE to corporate, community, and government groups for the advancement of consumer education and contain no advertisements or name any products or companies.*

*Save Money and Reduce Taxes