



3 FREE AND EASY WAYS TO QUIT SMOKING



1. SMALL GROUP CLASSES

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses on how to quit, not why to quit.

- The Freedom From Smoking® group clinic consists of eight sessions, nicotine replacement therapy (patches or gum), and workbooks, all provided for FREE.
- **Please register in advance.** Call 574-7867 to find a class or visit www.louisvilleky.gov/health and the Stop Smoking link page to see the class schedule and register online.

2. COACHING BY TELEPHONE

Expert coaches help you plan for dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. When you sign up you get special tools, resources, and information about how to stop smoking. Your coach will work with you to schedule short phone calls at times that work for you. Call 1-800-QUIT NOW (1-800-784-8669) to ask questions and get started.

2. ONLINE COACHING

Quit Now Kentucky is an online stop smoking program for to Kentucky residents 15 years and older. When you sign up you get special tools, help from quit smoking coaches, resources, and connections to other people working to become tobacco free. Expert coaches help you plan for dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. Go to www.quitnowkentucky.org to learn more.

Visit www.QuitSmokingLou.com
for Stop Smoking class schedule

2020 STOP SMOKING CLASS SCHEDULE

JANUARY - JUNE 2020

JANUARY 2020

| | | |
|-----------------------------------|-------------------|--|
| Jan 7 - Feb 18 5:30 - 7:00pm | TUESDAYS | UAW Local 862 - 3000 Fern Valley Road Louisville, KY 40213 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| Jan 7 - Feb 18 1:00 - 2:00pm | TUESDAYS | Baptist Health Floyd Hospital - 1850 State Street New Albany, IN 47150 Call 1-800-476-8723 to register |
| Jan 14 - Feb 25 5:00 - 6:00pm | TUESDAYS | Baptist Health Floyd Hospital - 1850 State Street New Albany, IN 47150 Call 1-800-476-8723 to register |
| Jan 14 - March 3 5:00 - 7:00pm | TUESDAYS | Bullitt County Health Department - 181 Lees Valley Road Shepherdsville, KY 40165 Call 502-955-5355 or https://bit.ly/37tw2eY to register |
| Jan 15 - March 4 5:30 - 7:00pm | WEDNESDAYS | Norton Health & Wellness Center - 1000 DuPont Road Louisville, KY 40207 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| Jan 18 - Feb 29 3:00 - 4:30pm | SATURDAYS | Northeast Regional Library - 15 Bellevoir Circle Louisville, KY 40223 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| Jan 27 - March 9 6:00 - 7:30pm | MONDAYS | Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40212 Call 502-772-8588 or visit https://bit.ly/2Fh5zVK to register |

FEBRUARY 2020

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|-------------------------------------|-------------------|---|
| Feb 5 - March 25 3:30 - 5:00pm | WEDNESDAYS | Jeffersonville Library - 211 East Court Road Jeffersonville, IN 47130 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| Feb 5 - March 25 5:30 - 7:00pm | WEDNESDAYS | South Central Library - 7300 Jefferson Blvd. Louisville, KY 40219 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| Feb 17 - March 30 12:00 - 1:30pm | MONDAYS | Family Health Center East Broadway - 834 E. Broadway Louisville, KY 40204 Call 502-772-8588 or visit https://bit.ly/2Fh5zVK to register |
| Feb 18 - April 7 4:00 - 5:30pm | TUESDAYS | UAW Local 862 - 3000 Fern Valley Road Louisville, KY 40213 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| Feb 24 - April 13 3:00 - 4:30pm | MONDAYS | This is an online class – You need a device with an internet connection, microphone, and camera to participate in this online class Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |

ONLINE CLASS

2020 STOP SMOKING CLASS SCHEDULE - CONT.

JANUARY - JUNE 2020

MARCH 2020

| | | |
|--------------------------------------|-------------------|---|
| March 2 - April 13 10:30am - 12pm | MONDAYS | St. Matthews Library - 3940 Grandview Ave Louisville KY 40207 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| March 10 - April 28 5:30 - 7:00pm | TUESDAYS | Iroquois Library - 601 Woodlawn Avenue Louisville, KY 40215 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| March 18 - April 29 5:30 - 7:00pm | WEDNESDAYS | Norton Health & Wellness Center - 1000 DuPont Road Louisville, KY 40207 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| March 24 - May 5 5:30 - 7:00pm | TUESDAYS | Family Health Center East Broadway - 834 E. Broadway Louisville, KY 40204 Call 502-772-8588 or visit https://bit.ly/2Fh5zVK to register |

APRIL 2020

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|-------------------------------------|-------------------|--|
| April 1 - May 20 3:30 - 5:00pm | WEDNESDAYS | Fairington Apartments of Clarksville Building 2 – Second Floor Community Room 2120 Lombardy Drive Clarksville, IN 47129 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| April 14 - May 26 5:00 - 6:00pm | TUESDAYS | Baptist Health Floyd Hospital - 1850 State Street New Albany, IN 47150 Call 1-800-476-8723 to register |
| April 17 - June 5 3:00 - 4:30pm | FRIDAYS | Southwest Regional Library, Activity Room - 9725 Dixie Highway Louisville, KY 40272 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
| April 22 - June 3 12:00 - 1:30pm | WEDNESDAYS | Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40212 Call 502-772-8588 or visit https://bit.ly/2Fh5zVK to register |
| April 28 - June 9 5:00 - 6:30pm | TUESDAYS | Bullitt County Health Department - 181 Lees Valley Road Shepherdsville, KY 40165 Call 502-955-5355 or https://bit.ly/37tw2eY to register |

MAY 2020

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|----------------------------------|-----------------|--|
| May 6 - June 17 2:00 - 3:30pm | TUESDAYS | Pat Harrison Cancer Resource Center - 1206 Spring St, Jeffersonville, IN 47130 Call 502-629-1234 or visit https://bit.ly/2Qiw43x to register |
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2020 STOP SMOKING CLASS SCHEDULE - CONT.

JANUARY - JUNE 2020

JUNE 2020

| | | |
|-----------------------------------|-----------------|---|
| June 1 - July 13 6:00 - 7:30pm | MONDAYS | Family Health Center Portland - 2215 Portland Avenue Louisville, KY 40212 Call 502-772-8588 or visit https://bit.ly/2Fh5zVK to register |
| ONGOING 2020 6:00 - 7:00pm | TUESDAYS | Oldham County Health Department - 1786 Commerce Parkway LaGrange, KY 40031 Call 502-222-8723 Ext. 143 or visit https://bit.ly/37xmRtM to register All are welcome anytime Our newer website is: http://oldhamcountyhealthdepartment.org/ <i>"The classes use the Freedom from Smoking method, a 13-week course that meets one hour per week and uses nicotine replacement products and group support. The class meets every Tuesday evening from 6 PM – 7 PM."</i> Contact Liz Burrows: 502-222-3516 x143 |

ONGOING CLASS

Sullivan University Center for Health & Wellness One-on-One Program

The Center for Health & Wellness offers a FREE 12-week, personalized, pharmacist-led Tobacco Cessation Program. The program is totally individualized, consisting of approximately 5 one-on-one sessions with a pharmacist at the Center for Health & Wellness across a 12-week period. **Participants may enroll at any time** with flexible appointment times to accommodate scheduling needs. There are no group meetings and Nicotine Replacement Therapy (NRT) is included at no cost to participants.

Sullivan University Center for Health & Wellness - 2100 Gardiner Ln. Louisville, KY 40205
Call 502-413-8991 or email wellness@sullivan.edu to register

Visit www.QuitSmokingLou.com

www.Louisvilleky.gov/health

400 East Gray Street Louisville KY 40202

502-574-STOP

12.2019



DEPARTMENT OF
PUBLIC HEALTH
AND WELLNESS

