

Week 9 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> 1. Check attendance on roster and/or registration sheets. 2. Distribute name tags. 3. Show Week 9 DVD. 4. Review “Points to Emphasize.” 5. Collect name badges. 	<ul style="list-style-type: none"> • Review of last 8 weeks • Further reduction of nicotine replacement therapy 	<ol style="list-style-type: none"> 1. Celebrations: Improved appearance, Breathing easier, New assurance that you are succeeding/sense of accomplishment 2. Tips to Remember: 3-5 lb. increase in weight-accept this, Minimize weight gain by exercising, Don’t substitute eating for smoking, brush teeth, drink coffee or another beverage, Stop eating before you have the “full” feeling, Learn to live with stress without cigarettes. 3. Claim your victory over cigarettes! 4. If on 14 mg. patches move to 7 mg. patch next week or if on gum or lozenge-decrease to no more than 4 pieces per day next week. 5. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!” 	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> • Attendance sheet • Name badges • DVD/TV • DVD 7:22 <p><u>Handouts:</u></p> <ul style="list-style-type: none"> • You’re Smokefree and in Control... Enjoy the Benefits

