

**Freshstart** is the American Cancer Society adult quit-smoking program. It consists of four, 1 & 1/2 hour session, held over four consecutive weeks.

### *The program is free*

- It is designed for the adult smoker, no gimmicks, meaningless group activities, or busy work.
- It address the variety of reasons people smoke, physical addiction, habit, and psychological dependency.
- Quitting smoking quickly is the main goal of Freshstart, maintained by techniques and support to keep a smoker off cigarettes.

**Please call to register**

**930-2650**

## *Breathe Easy*

*"Nicotine is addictive, but quitting is contagious."*

*"Don't give up quitting."*

### **Quit Smoking**



[www.healthywaldocounty.org](http://www.healthywaldocounty.org)

119 Northport Ave.

Belfast, ME 04915

207-930-2650



Waldo County  
General Hospital  
MaineHealth

 A Local Healthy Maine Partnership

## **Quit Smoking Freshstart Classes**



**Please call to register  
for these Free classes**

**930-2650**

Sponsored by

**Healthy Waldo County**

&

**Waldo County General Hospital**

**American Cancer Society Freshstart**

[www.cancer.org](http://www.cancer.org)

# Freshstart

## You can do it

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### After you quit:

#### In 20 minutes:

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increase to normal

#### In 24 hours:

- Chance of heart attack decreases

#### In 48 hours:

- Nerve endings start to re-grow
- Ability to taste and smell is enhanced

#### In 2 weeks - 3 months:

- Circulation improves
- Lung function increases

#### In one year:

Excess risk of coronary heart disease is half that of a smoker!

*Place:*

**Waldo County General Hospital**

*Dates & Times:*

**Call 930-2650  
for current classes**

**Please call to register**

**930-2650**

Leave your name and phone number on the answering machine and we'll see you in the next class, or call you back if you request.

Web Based info on tobacco & quitting

[www.quitnet.com](http://www.quitnet.com)

[www.smokefree.gov](http://www.smokefree.gov)

[www.cancer.org](http://www.cancer.org)

<http://tobaccofreemaine.org>

[www.lungusa.org](http://www.lungusa.org)

[www.thequitlink.com](http://www.thequitlink.com) \* a new Maine site

### Why quit now?

It is a fact that quitting smoking, no matter how long you have been smoking, does decrease your risk of smoking-related diseases and it does improve your health.

### Freshstart

The Freshstart program is designed to help you stop smoking within three weeks. Freshstart emphasizes that smoking cessation is a two part process:

1. Stopping and
2. Staying stopped

Freshstart will address both processes, helping you stop smoking as quickly as possible, and learning techniques for ending the physical and psychological need to smoke.

**1-800-207-1230**

THE MAINE TOBACCO HELPLINE