

# Tobacco Cessation

Our Tobacco Cessation program offers email-based coaching to help individuals design their own plans for quitting tobacco or nicotine. Our evidence-based approach can help anyone, regardless of their readiness to quit. The program uses support and guidance from a dedicated coach, lifestyle changes, and the medications that you and your doctor find most appropriate. Our Coaches follow a personalized and non-judgmental approach to help you develop the skills you need to create lasting behavior change. You will learn how to navigate triggers, manage cravings, and create a sustainable tobacco-free environment with ease. With the support of your coach, you can set yourself up for success and quit for good with the Tobacco Cessation program!



## Participant feedback:

*“Over the past 40 years, I never even dreamed this would be possible. I will say this, if it wasn’t for you, I don’t know if I would have really quit smoking. Your encouraging emails and information that you sent really helped me through the tough times. I am a better person because of you. I will be smoke free for 1 year on the 8th of February.”*



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