

**Success rate is 40-45% versus 5-15% quitting on your own!**

**FREE & Open to the Public!**

[](http://www.bing.com/images/search?q=Funny+No+Smoking+Signs&view=detail&id=FA8C8360B1AE47DFC660600C1445237A67CCD10E&first=0&FORM=IDFRIR)**Become a non-smoker! FREE classes!**

The Cooper/Clayton Method to Stop Smoking is an effective smoking cessation method which addresses all aspects of smoking. The Method uses the nicotine patch, nicotine gum, and the nicotine lozenge and it provides **13-intensive education sessions** and weekly support group meetings. Facilitators are trained in the method, and will lead group discussions, focusing on understanding behavior modification techniques and how to minimize relapse.

The only cost to the participant is the cost of the nicotine patches, nicotine gum or the nicotine lozenge. **Classes are FREE, open to the public and will meet for one hour, once a week**.

Available Classes:





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| OHIO  Remke bigg’s Hyde Park  3872 Paxton Ave, Cincinnati, OH 45209  513-619-5454  Thursday’s, 4:30 – 5:30PM  **February 28 – May 23, 2013**  Remke bigg’s Delhi  5025 Delhi Rd, Cincinnatim Oh 45238  513-231-0606  Tuesday’s 9:00 – 10:00AM  **February 26 – May 21, 2013**  **Register:** [**wellness@remkes.com**](mailto:wellness@remkes.com) **. or 859-594-3400 x0** | .  .  .  .  .  .  .  .  .  . | KENTUCKY  Kenton County Public Library  401 Kenton Lands, Erlanger, KY 41018 859-962-4000 Monday’s 6:00 – 7:00PM  **February 25 – May 20, 2013**  **Register:** [**www.kentonlibrary.org/events**](http://www.kentonlibrary.org/events)  **or**  **859-962-4002**  **All classes facilitated by** |

For additional classes contact Cooper/Clayton Hot Line: 859-301-5570.



Additional free support if you are thinking of quitting, call 1-800-QUIT-NOW.

