



Commit to Quit!

Commit to Quit is Creighton's highly successful smoking cessation program.

Commit to Quit includes eight, one-hour, small-group or individual counseling sessions held over a period of two months to help you end your addiction to tobacco for good!

Classes focus on a variety of topics, including:

- preparing for change
- identifying triggers
- coping techniques
- stress management

Each class is led by a tobacco treatment specialist who understands how difficult it is to quit. You'll receive support and guidance based on the latest clinical research tailored to your individual needs.

How Commit to Quit Works

- Meet with a trained tobacco treatment specialist
- Discuss your tobacco use history and reasons for wanting to change
- Develop a personalized plan to help you quit tobacco

Ready to quit?
Want more information?
Call 402.280.5287
today!

Kick tobacco use with help from The Cardiac Center of Creighton University Medical Center.

Creighton tobacco cessation programs have helped hundreds of people learn about their tobacco use and discover how to quit for good.