

WE KNOW IT'S NOT EASY, BUT  
OUR PROGRAM IS SIMPLE.  
AND WE HELP YOU EVERY  
STEP OF THE WAY.



Creighton  
UNIVERSITY

QUITTING ISN'T EASY,  
BUT IT IS POSSIBLE! CALL TODAY!

CALL TODAY FOR MORE INFORMATION  
402.280.5287

-THERESA, COMMIT TO QUIT GRADUATE

# THINKING ABOUT QUITTING TOBACCO?

Would you like to end your addiction  
to tobacco once and for all?

YOU **CAN** KICK SMOKING AND OTHER  
TOBACCO USE.



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## HERE'S HOW IT WORKS



Meet face-to-face 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

*You'll attend eight one-hour small-group classes or individualized sessions with tobacco treatment specialists. You'll work with, and benefit from, professionals from Creighton University's School of Medicine.*



## YOU'LL LEARN

- How to prepare for change
- How to identify your triggers
- Coping techniques
- Ways to manage your stress

**IN JUST EIGHT WEEKS, YOU COULD BE TOBACCO FREE!**

## PROVEN SUCCESS

Graduates of Creighton's **Commit to Quit** consistently beat the national average for success at quitting tobacco.

## COMMIT TO QUIT AVERAGES

**66%** success rate for program graduates (81% retention rate)

**57%** success rate for program graduates at 3 months-post graduation

**37%** success rate at 6 months post-graduation

*Learn more about a tobacco cessation program that has helped hundreds of people better understand their tobacco use and learn how to quit. **For good.***

## NATIONAL AVERAGES

*(immediate to 6 months-post attempt to quit)\**

**4-7%** success rate with no medication, counseling/treatment

**14.6%** success rate counseling alone

**21.7%** success rate using medication alone

**27.6%** success rate using medication plus treatment/counseling



*\* Treating Tobacco Use and Dependence Clinical Practice Guideline: 2008 Update*