

Week	Session Outline – Week 12	Video Topic	Points to Emphasize	Handouts/Supplies
Twelve	<ol style="list-style-type: none"> 1. Check attendance. 2. Distribute name tags. 3. Show Videotape/DVD – Week 12. 4. Support group for Introduction week (for the new participants if applicable). 5. Show Videotape/DVD-Introduction Week (if applicable). 6. Pot Luck (Optional). 7. Complete program evaluations. 8. Collect program evaluations and name badges. 	<ul style="list-style-type: none"> • Congratulations! • Review of what you’ve been through the past 12 weeks. 	<ol style="list-style-type: none"> 1. Become the <u>real</u> person you were before you started smoking! 2. Don’t give the cigarette credit it doesn’t deserve. 3. You are a role model. 4. You feel better about yourself. 5. Success is a plan that’s adhered to. 6. A major problem can be solved when cut into smaller problems. 7. Plan to return the next 12 weeks to support those beginning a new class and it will become your relapse prevention class. 8. You are successful! You did it yourself! 9. You followed what Dr. Cooper and Dr. Clayton said, that’s why you have become a nonsmoker! 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 10:50 • <i>Tips to help a person <u>remain</u> a permanent nonsmoker</i> • <i>Benefits of <u>remaining</u> a nonsmoker</i> • <i>C/C Method to Stop Smoking Participant Program Evaluation</i>