

Week	Session Outline – Week 9	Video Topic	Points to Emphasize	Handouts/Supplies
<p>Nine</p>	<ol style="list-style-type: none"> 1. Check attendance on roster and/or registration sheets. 2. Distribute name tags. 3. Show Videotape/DVD – Week 9. 4. Review “Points to Emphasize.” 5. Collect name badges. 	<ul style="list-style-type: none"> • Review of last 8 weeks • Further reduction of nicotine replacement therapy 	<ol style="list-style-type: none"> 1. Celebrations: <ul style="list-style-type: none"> • Improved appearance • Breathing easier • New assurance that you are succeeding-sense of accomplishment 2. Tips to Remember: <ul style="list-style-type: none"> • 3-5 lb. increase in weight-accept this. • Minimize weight gain by exercising. • Don’t substitute eating for smoking. <ul style="list-style-type: none"> ○ brush teeth ○ drink cup of coffee or other beverage • Stop eating <u>before</u> you have the “full” feeling. • Learn to live with stress without cigarettes. 3. Claim your victory over cigarettes! 4. If on 14 mg. patches move to 7 mg. patch next week or if on gum or lozenge-decrease to no more than 4 pieces per day next week. 5. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!” 	<ul style="list-style-type: none"> • Attendance sheet • Name badges • VCR/TV or DVD/TV • Videotape or DVD 7:22 • <i>Now that you’re smoke free... enjoy the benefits</i>