

Guide to Quitting Tobacco & Nicotine Products

Richmond, VA



QUIT AT YOUR OWN SPEED

Quitting takes time. That's okay. It also takes practice. Never quit trying to quit tobacco and nicotine products!



TALK TO YOUR DOCTOR ABOUT QUIT TOOLS

Nicotine is a true addiction. Ask your doctor about using one of the FDA-approved tools to help you stop smoking or using tobacco.

These may help with the cravings and help increase your chance of quitting for good. Even if you have used one before, talk to your doctor about trying again.

- Nicotine Patch
 - Nicotine Gum
 - Nicotine Lozenge
 - Nicotine Inhaler
 - Nicotine Nasal Spray
- And / Or Non-nicotine Medication**
- Zyban (Bupropion)
 - Chantix (Varencline)



GET SUPPORT

Call 1-800-QUIT NOW to talk to a free Quit Coach about putting together your own plan for quitting. You can also go online at Quitnow.net/Virginia

Join an in-person smoking and tobacco cessation class.

Behavioral support will help you work on your triggers, urges, and habits of where and when you smoke. You can discuss past quit attempts and find your personal motivation for quitting.



START TO SEE YOURSELF AS A NONSMOKER

- Start saving money, smelling better, and enjoying the health benefits of quitting.
- Take up new habits — like walking or exercising.
- Call yourself a nonsmoker.
- Tell your family and friends so they can celebrate with you!

Call **1-800-QUIT NOW (1-800-784-8669)** or
Visit **quitnow.net/Virginia**

RICHMOND CITY
HEALTH DISTRICT



IN-PERSON SUPPORT

Smoking and Tobacco Cessation Classes

Check BeWellVA.com for information on upcoming local **cessation classes**

Henrico Doctors' Hospital hosts **Freedom from Smoking classes**: 1-804-HCA-CARE (1-804-422-2273) for information

Bon Secours offers a **text-based cessation program** that can also connect you to a nurse for questions: <https://ha.healthawareservices.com/ra/survey/3373>

MAKE THE MOST OF YOUR TOBACCO FREE LIFE

Take a free Fitness Warriors Class

www.sportsbackers.org/warriors-schedule
@rvaFitnessWarriors

Try new fruits and vegetables from the Mobile Market

shalomfarms.org/mobilemarket
@GrownToGoVA

Walk or run around trails

at one of the Parks and Recreation sites
www.richmondgov.com/parks
@rvaparksandrec

Take a Parks and Rec class

with the money you are saving from not smoking

Learn how to meditate

(Try an app like "Calm" or "Stop, Breathe & Think")

Use your breath to relieve stress

(slow deep breaths)

Join a prayer group

at your place of worship

Walk your dog,

or ask a friend to join you on a walk

Take up knitting or gardening

to keep your hands busy

Put together a quit smoking playlist and dance

through cravings

Take a healthy cooking class

Through Parsley's Kitchen
www.bonsecours.com/sgjc

Or with Tricycle Gardens
804-231-7767

Give yoga a try!

Check out baresoulyoga.com or @baresoulyoga for more info and class schedules

COUNT YOUR SAVINGS

If you smoke a pack a day, by quitting you could save...



\$5.25 in
one day

\$37 in
one week

\$147 in
one month

\$1764 in
one year

\$8,820 in five years