

# In the Spotlight

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## **Free Tobacco Cessation Classes To Begin in August**

In August students of the University of Georgia College of Pharmacy are offering a free "Beat the Pack" tobacco cessation program to help those who want to stop using tobacco. Registration is now open for the Fall tobacco cessation programs, available to UGA employees, students and the Athens community. The University of Georgia campus became tobacco free (cigarettes, chewing tobacco, and e-cigarettes) on October 1, 2014.

The program was adapted from Pfizer's "Beat the Pack" smoking cessation program and can be used for both cigarettes and chewing tobacco. Sessions are held once weekly for six weeks. Each six-week session will focus on tobacco-use issues, such as health risks, reasons to quit, cessation aids, coping with the urges to use tobacco, handling relapse, and maintenance. Classes can also be adapted to help "kick the tin" and stop chewing tobacco.

At each class trained pharmacy students lead participants through a group program followed by individualized coaching to educate attendees, develop a personalized quit plan, and provide the tools to help quit using tobacco.

The meetings will be held weekly on Tuesday evenings from 5:45 p.m.–6:45 p.m. from August 25 through September 29 at the UGA Training and Development Center building at 315 South Thomas Street. Parking at the center is free after 5:00 p.m.

The Beat the Pack program is free, but space is limited to the first 10 participants. The registration deadline for this year's program is Friday, August 21, 2015.

Those interested may register by 1) Faxing completed registration form to 706-542-6022; or 2) Emailing completed registration form to [monicaw@uga.edu](mailto:monicaw@uga.edu), or 3) Calling 706-542-3893. Registration form (PDF format) and flyers (PDF format) can be downloaded at <http://t.uga.edu/1Du>.

For more information about the Beat the Pack programs, please call Monica Williams at 706-542-3893 or email [monicaw@uga.edu](mailto:monicaw@uga.edu).

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