

THE THREE PHASES OF SMOKELESS ARE DESIGNED FOR SUCCESS

Introductory Phase

In the first phase of the program, you attend a free introductory meeting. Here you'll receive details about Smokeless, how it operates and how it will work for you. This introductory meeting and the materials you receive will prepare you for the Skill Development Phase.

Skill Development Phase

In the second phase, you will stop smoking for good. We will teach you patented techniques that help you quit smoking with little or no discomfort in four consecutive one-hour skill development sessions. In these sessions, you learn how to prevent and eliminate cigarette urges.

Maintenance Phase

During the final phase, you will strengthen the techniques you learned with additional skills. The Maintenance Phase will guide you through your first weeks as a nonsmoker, helping to prevent you from returning to smoking and reinforcing your ability to live a longer, healthier life without cigarettes.

*Smokeless programs are held quarterly.
For a current schedule or to register,
please call **440-998-5763**.*



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