

Chapter 13

Smoking Cessation



Are you ready to quit?

Lodi Memorial Hospital offers smoking-cessation classes for those wishing to become smoke free. Classes are held once a week for eight weeks.

Topics covered include:

- Benefits of quitting;
- Ways to cope with quitting;
- How to deal with a craving;
- Medications that help with withdrawal;
- Creating a support system.



Pulmonary rehabilitation
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