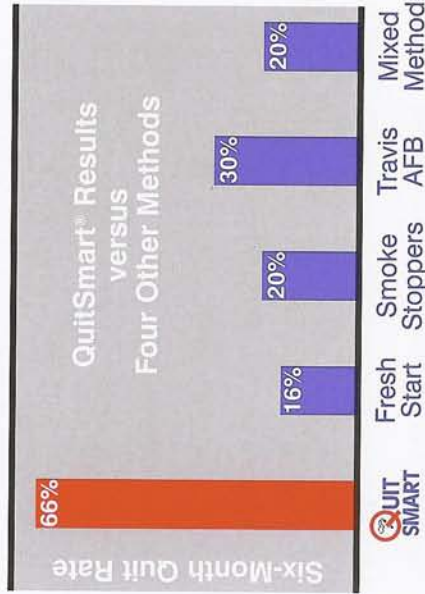


QuitSmart® Works

QuitSmart was created by the director of the Duke University Quit Smoking Clinic, and is taught by Certified QuitSmart Leaders. You are assured of high quality professional help, based on solid research findings.

In a study at five U.S. Air Force bases, QuitSmart proved more effective than other methods: 66% of QuitSmart participants were still smoke free six months after quitting, compared to 16–30% of those who participated in four other stop-smoking programs.



Shipley, et al., *Federal Practitioner*, 2002, 19(3), 13–22.

QuitSmart also produced impressive long-term quit rates in studies published in *Veterans Health System Journal* and *Psychology of Addictive Behaviors*. You can trust QuitSmart to help you quit smoking.



QUIT SMART®

Dr. Scott Hernberg, a Certified Tobacco Treatment Specialist, and Certified QuitSmart® Leader will provide you a personalized quit plan utilizing the most modern scientific methods along with alternative anti-addictive therapies. The region's most comprehensive tobacco cessation program features,

- Medical Supervision
- Carbon Monoxide Testing
- Zyban/Wellbutrin Therapy
- Chantix Anti-Smoking Medication
- Nicotine Replacement Therapy
- Stress Reducing Therapies
- Acupuncture

If you are ready to quit now, let Tomorrow's Wellness Center show you how!



**Tomorrow's
Wellness Center**
Begin Today for a Healthier Tomorrow

**1601 Tilton Rd. Suite 4
Northfield, NJ 08225
Phone: 609.407.1119**

TomorrowsWellnessCenter.com

QUIT SMART®



**Would YOU like to
feel healthier
breathe easier
have more energy?**

You Can QuitSmart

QuitSmart® Program

QuitSmart combines powerful treatments to help you break free from cigarettes. You will learn to

■ Ease off nicotine

Gradually ease off nicotine by switching to cigarette brands that deliver less and less nicotine. We call this *warm chicken* quitting.

■ Use your mind to help

Shakespeare was right, "There is *nothing either good or bad, but thinking makes it so.*" From your first days off cigarettes, you will learn to think of yourself as a calm, comfortable, and happy nonsmoker.

■ Use a hypnosis CD

Hypnosis will help you relax and enjoy your new life as a nonsmoker. The CD is simple and effective. You remain in control at all times.

■ Decide whether to use medication

For some smokers, medication can double the chance of success. We will help you decide whether to use a nicotine-replacement product or one of the non-nicotine medications.

■ Break the habit of smoking

Your smoking habit may be strong, but it is also dumb. You will learn six simple ways to outsmart it.



QuitSmart® Kit

You will receive the acclaimed *QuitSmart Stop Smoking Kit*, including an informative guidebook, a relaxing hypnosis CD, and a realistic cigarette substitute.

It is hard to say which of the three kit elements I enjoyed most.

Jamie Dillon, MS, RRT

Advance for Respiratory Care Practitioners

The QuitSmart Stop Smoking Kit is easy to use, interactive and informative... I enthusiastically recommend the kit.

Dr. Crystal Dunlevy

Respiratory Care

Dr. Robert Shipley, director of the prestigious Duke University Quit Smoking Clinic, has come up with a tool to help people through the struggle... The appealing prose, cartoons, and charts make for engaging reading.

Mark J. Tager, M.D.

American Journal of Health Promotion

"Over the past many years, I have loaned my QuitSmart guide to four different people. I know that at least three of them successfully stopped smoking. The fourth disappeared with my guide."

Muriel B. Haber

Former two-pack-a-day smoker

Organizations Choosing QuitSmart®

The QuitSmart program has been selected by hundreds of military and veterans health care facilities, hospitals, universities, and corporations.

Apple

Chrysler

Federal Correctional Institute

Guardian Life

General Mills

Kadena Air Base - Japan

Kaiser Permanente - GA

Methodist Cancer Center

Proctor & Gamble

Quintiles Transnational

St. Joseph Hospitals

U.S. Air Force Academy

75 Military and Veterans Facilities

** Plus Hundreds More **

QuitSmart worked for me. Since I can endorse it personally, I have started using it for Scott employees. It's simple, appealing, and, to date, has had a higher success rate than more conventional methods.

Veronica J. Malone, RN

Scott Paper Company

The QuitSmart method has a lot of appeal – it's simple, it's portable, and people can relate to it. It's certainly worked for us in our worksite setting.

Bonnie England, RN

Dayville, CT