



# 6 WEEK STOP SMOKING COURSE

Education and research centre  
**ST. VINCENT'S UNIVERSITY HOSPITAL, ELM PARK, DUBLIN 4.**

## WEEK 1

Day: Tuesday

Topic: **PREPARING TO STOP**

## WEEK 4

Day: Tuesday

Topic: **THE SLIM WAY**

## WEEK 2

Day: Tuesday

Topic: **UNDERSTANDING ADDICTION**

## WEEK 5

Day: Tuesday

Topic: **CARELESSNESS & CRISIS**

## WEEK 3

Day: Tuesday

Topic: **RELAX AND RESIST**

## WEEK 6

Day: Tuesday

Topic: **THE FUTURE**