



Register Now for our FREE Courage to Quit Program Leader Training!

Courage to Quit is an adult smoking cessation program that is consistent with evidence-based tobacco dependence treatments and can be delivered in multiple settings. This training is designed for health educators, community health workers, social workers, and other health professionals from organizations that serve suburban Cook County who are interested in increasing delivery of cessation services to its residents. The full day training will prepare you to lead a group or one-on-one Courage to Quit program and covers tobacco cessation in detail, as well as nicotine addiction, behavior change, strategies and best practices for tobacco dependence treatment (including medications), program planning and implementation, and learning styles and facilitation skills. Materials and continuing support will be provided. For nonsmokers only.

Location: University of Illinois Extension
2205 Enterprise Drive, Suite 501, Illinois Room
Westchester, IL 60154
Date: June 28, 2011
Time: 9:30am – 3:30pm. A lunch break will be provided from 12-1pm.

Space is limited! All participants must pre-register by June 20, 2011. Please register early to secure your spot.

Name: _____ Position: _____
Employer: _____
Employer Address: _____
City: _____ State: _____ Zip Code: _____
Work Phone: _____ Fax Number: _____
E-mail: _____

Please Select if: RT Credits Needed Nurse Contact Hours Needed

Please return form to:

Respiratory Health Association of Metropolitan Chicago
ATTN: Mamta Gakhar, 1440 West Washington Blvd., Chicago, Illinois 60607
fax: 312/243-3954 phone: 312/229-6186
email: mgakhar@lungchicago.org

Continuing Education Hours for Respiratory Care Practitioners

Respiratory Health Association of Metropolitan Chicago is an approved continuing education sponsor by the State of Illinois Department of Financial and Professional Regulation. *4.5 continuing education hours of credit* will be awarded upon completion of the full day training.

Contact Hours for Nurses

This continuing nursing education activity was approved by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. *4.5 contact hours* will be awarded upon completion of the full day training.

This program is made possible by a grant from the Cook County Department of Public Health and the Illinois Department of Public Health