



## Seven Steps to Stop Smoking Now

The Seven Steps to Stop Smoking program is a complete four week interactive course developed by Dr. Don Kennedy to teach students how to quit nicotine addiction now and for the long term.

The program consists of lectures and includes a personal stop smoking tool-kit consisting of DVD's, Action Guide, CD's, book and full internet support.

### Program Goals:

1. Definition of your Bahbit™ and how it will focus your life
2. The unknown facts about nicotine addiction
3. The colors of addiction program
4. How the top 3 medications really work
5. The number one surprise reason most people can't quit smoking
6. The 7 Steps to Stop Smoking Now
7. The neuroscience of nicotine addition

**DATES:** Tuesdays, (4 sessions)  
• TBA

**TIME:** 6:00pm to 8:00pm

**COST:** \$185 (includes 2 CD set, Book, Action Guide, DVD's)

**LOCATION:** Edison State College, Charlotte Campus, room #TBA

**INSTRUCTOR:** Don Kennedy, D.O., MBA

**Seats are limited, so register today!**

**Advance registration and payment is required**

**For registration form and information, call 941-637-5669, email [charlottece@edsion.edu](mailto:charlottece@edsion.edu) OR download from [www.edison.edu/lee/ce](http://www.edison.edu/lee/ce)**