



Helping You Be Tobacco-Free

Clear Direction

Clear Direction is a 6-week long tobacco cessation program for adults.

Program Highlights:

- Program materials developed at the US Army Center for Health Promotion
- Tests for nicotine dependence using the Fagerstrom Scale and the Addiction Triangle
- Research-based
- 6 weeks in duration; 1 hour per/week
- Program features include:
 - *Group support*
 - *Understanding nicotine addiction*
 - *Coupons for nicotine replacement therapy*
 - *Stress management*
 - *Nutrition and food management*
 - *Exercise and weight management*
 - *Motivational tools*

**HEALTH
ZONE**

5353 East 68th Street
Tulsa, OK 74136
(918) 494-1671

Classes are led by trained tobacco cessation facilitators

Contact: (918)494-8263 to register or fax your enrollment form to (918)494-8217