

Facilitator's Training

# Second Wind Tobacco Cessation

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Aug 3, 4 and 6 | Virtual Zoom  
Platform

## **CULTURALLY RELEVANT**

Adapted from the American  
Cancer Society's Fresh Start  
model for Tribal  
communities

## **EVIDENCE-BASED**

Centers for Disease Control  
and Prevention approved  
focusing on behavior change

## **FREE**

This is a FREE train the  
trainer program that  
could prepare you to apply  
for National Indian Health  
Board Tobacco  
Cessation funding  
opportunities.

## **Highlights**

Let's help our Tribal  
community members stop  
smoking. Especially now,  
COVID-19 is a respiratory  
disease and reducing  
commercial tobacco use can  
help aid in respiratory  
wellness.

**The curriculum will educate  
participants on:**

- Basic Tobacco facts
- Understanding Why  
Individuals Smoke
- Nicotine Replacement  
Therapy
- How to Develop a Quit  
Smoking Plan

And much more!

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Facilitator: Lou  
Moerner  
Certified Cessation  
Facilitator and Trainer

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## **Training Dates and Times:**

- Monday, August 3rd, 2020  
12pm - 4pm
- Tuesday, August 4th, 2020  
9am - 12pm
- Thursday, August 6th, 2020  
9am - 12pm

Pre-register to receive  
the curriculum:  
[www.surveymonkey.com  
/r/VW2PGCR](http://www.surveymonkey.com/r/VW2PGCR)

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The Northwest Tribal  
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Control Program

