

TIPS FOR HOSTING LOVE THY NEIGHBOR SMOKING CESSATION CLASSES

Seek out local organizations for donations and incentives. Many stores in your community will donate funds to non-profit organizations. If you'd like to get supplies or special gifts for your classes, write a letter to your stores like your local Walmart or Best Buy to see if they might donate a gift card or two to the church.

Make quit packages for smokers. In preparation for their quit day, make special care packages for attendees containing items to help them in their quit attempt, containing items like a CD with soothing music, a rubberband bracelet for stress, peppermints, and bible passages. Many of these items can be purchased at your local dollar store, and these costs can be included in your LTN grant application!

Post up a calendar. Hang up a calendar in the room and allow attendees to select a quit day that means something to them and draw a symbol on the calendar signifying their quit day. This will help serve as a reminder of their goal.

Invite special guest speakers. To make the sessions more interesting and hands-on for attendee's, invite special guest speakers like a physical trainer for the session on nutrition, or a Yoga instructor for the session on stress reducers.

Let everyone have a chance to speak. There can sometimes be individuals in the class who constantly desire the spotlight, but don't let those individuals overpower the class. Make sure everyone has the opportunity to speak.

Keep confidentiality. Keep in mind that many smokers do not want others to know they smoke. Be sure to keep the confidentiality of those who attend the sessions.

Eliminate distractions. When hosting your sessions, eliminate distractions like unnecessary sounds (i.e. air conditioner) and if possible, make sure the door is to the attendee's backs so they're not distracted by people entering and leaving the room.

Use icebreakers. In order to make your attendee's more comfortable during the session, start off with an icebreaker.