Commit to Quit — Creighton University’s successful smoking cessation program — is now available to businesses on-site.

Commit to Quit includes eight one-hour, small-group sessions — held over a period of two months — to help tobacco users end their addiction to nicotine for good!

Commit to Quit classes are held on-site during the business day and can be offered to multiple groups during the same seven-week session. The first half of each class is a lecture format devoted to helping participants understand critical issues related to tobacco use. Topics include:

- self-monitoring  
- nicotine fading  
- lifestyle changes  
- social support  
- identifying triggers  
- deep breathing relaxation  
- preparation for quit day  
- coping with urges

The second half of each class focuses on group treatment, allowing members to explore issues important to them and learn from each other’s experiences.

Shavonne Washington-Krauth is the tobacco cessation coordinator with The Cardiac Center of Creighton University Medical Center. She holds a bachelor's degree in exercise science, a master's degree in health education, and is a certified lifestyle and weight management coach.

Contact Shavonne Washington-Krauth at 402.280.5287 for more information.