the Cooper Clayton Method to Stop Smoking

The Cooper/Clayton Program

- proven effective
- addresses all aspects of smoking
- utilizes nicotine replacement products
- provides 13 weekly, one-hour educational sessions

What Happens When You Stop?

- Your circulation improves, you can smell and taste things better, and you breathe easier.
- You reduce your risk of cancer, stroke, heart and lung diseases, and other illnesses.
- After 10 to 15 years off of cigarettes, your risk of death from smoking-related diseases is almost the same as for people who have never smoked.
- You will make your home a healthier place for everyone.
- You will save money. The average smoker spends $1,000 a year on cigarettes.

Cooper/Clayton Partners

Primary Partners

Louisville Metro Public Health & Wellness

Greater Louisville Medical Society

Other Partners

Kentucky Cancer Program

Baptist Hospital East

Bullitt County Health Department

Family Health Center – Portland

Middletown Christian Church

Norton Hospital

Norton Audubon Hospital

Norton Suburban Hospital

Oldham County Health Department

Park DuValle Community Health Center

South Louisville Christian Church

About the Cooper/Clayton Developers

Thomas M. Cooper, DDS, was a heavy cigarette smoker for 36 years. He made repeated attempts to stop smoking but was unsuccessful until he developed the Cooper/Clayton Method. **He knows nicotine therapy works!**

Richard Clayton, PhD, is an internationally known expert on drug addiction, including nicotine addiction. Drs. Clayton and Cooper have helped hundreds of people stop smoking using the Cooper/Clayton Method.

The partners listed in this brochure are providing these programs as a public service. Cost for each participant is $10 for materials and the cost of the nicotine replacement products. There is no cost for materials at the Park DuValle Community Health Center for those who qualify.

YOU Really Can Stop Smoking

Call 574-STOP

Greater Louisville Medical Society

Louisville Metro Public Health & Wellness

LOUISVILLE METRO PUBLIC HEALTH & WELLNESS

Cooper/Clayton Programs
JULY - DECEMBER 2007 SCHEDULE

JULY 5, 2007
THURSDAY, 4:30-5:30 P.M.
Norton Hospital
234 E. Gray Street, Suite 164
Cancer Prevention and Resource Center

JULY 5, 2007
THURSDAY, 6:00-7:00 P.M.
Middletown Christian Church
500 North Watterson Trail

JULY 19, 2007
THURSDAY 12:00-1:00 P.M.
Louisville Metro
Dept. of Public Health & Wellness
400 East Gray Street

AUGUST 7, 2007
TUESDAY, 5:00-6:00 P.M.
Bullitt County Health Department
181 Lees Valley Road
Shepherdsville, KY

AUGUST 14, 2007
TUESDAY, 1:00-2:00 P.M.
Norton Audubon Hospital
One Audubon Plaza Drive
Lower Level One Conference Room # 2

AUGUST 14, 2007
TUESDAY 6:00-7:00 P.M.
Norton Audubon Hospital
One Audubon Plaza Drive
Lower Level One Conference Room # 2

AUGUST 22, 2007
WEDNESDAY, 12:00-1:00 P.M.
Kentucky Cancer Program
University of Louisville
Health Sciences Center

AUGUST 23, 2007
THURSDAY, 4:30-5:30 P.M.
Baptist Hospital East
3950 Kresge Way, Suite 405
Building A

AUGUST 30, 2007
THURSDAY, 12:00-1:00 P.M.
Park DuValle Community Health Center
3015 Wilson Avenue

SEPTEMBER 5, 2007
WEDNESDAY, 5:30-6:30 P.M.
Norton Suburban Hospital
Medical Plaza II, Suite 400
Cancer Prevention and Resource Center
3991 Dutchmans Lane

SEPTEMBER 12, 2007
WEDNESDAY, 6:00-7:00 P.M.
Oldham County Health Department
1786 Commerce Parkway
LaGrange, KY 40031

SEPTEMBER 24, 200
MONDAY 5:30-6:30 P.M.
Family Health Center – Portland
2215 Portland Avenue

SEPTEMBER 24, 2007
MONDAY, 7:00-8:00 P.M.
South Louisville Christian Church
3845 Southern Parkway

OCTOBER 4, 2007
THURSDAY, 6:00-7:00 P.M.
Middletown Christian Church
500 North Watterson Trail

TO REGISTER FOR A PROGRAM OR FOR MORE INFORMATION CALL:

574-STOP

(574-7867)
or email us at
stopsmoking@louisvilleky.gov
Advance registration required by phone or email.

Adewale Troutman,
MD, MA, MPH

Director of Louisville Metro Department of Public Health and Wellness

There are many reasons to stop smoking.

Your health, your life, and your loved ones.

How many more reasons do you need?

Take the first step today!

STOP SMOKING!

You won't believe how good you'll feel!

We know it's not easy to stop.

You CAN Do It!

Cooper Clayton

We are here to help. Call Us Today!

574-STOP