



**RESPIRATORY HEALTH ASSOCIATION<sup>SM</sup>**  
*of Metropolitan Chicago*

## Spring 2008 Tobacco Programs Training Schedule

**All Participants must pre-register**

**Courage to Quit (CTQ)** is a new smoking cessation program for adults, consistent with evidence-based smoking treatments, that can be delivered in community and workplace settings. This training is designed for community health workers, social workers, health professionals, and others looking to gain the knowledge and skills to assist those interested in quitting smoking. The one-day training will prepare you to lead a group in the Courage to Quit program, and covers the basics of tobacco use and cessation, nicotine addiction, effective treatments (including medications), learning styles and facilitation skills, and handling tough questions from participants.

- Tuesday, April 29th, 2008 9:00-2:00**
- Thursday, May 29th, 2008 9:00-2:00**
- Thursday, June 26th, 2008 9:00-2:00**
- Thursday, August 28th, 2008 9:00-2:00**

---

All trainings include lunch, materials, and continuing support.  
**Trainings will be held at the Respiratory Health Association of Metropolitan Chicago**  
**1440 West Washington Boulevard, Chicago, Illinois 60607**

---

Name: \_\_\_\_\_ Position: \_\_\_\_\_  
Employer: \_\_\_\_\_  
Employer Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Work Phone: \_\_\_\_\_ Fax Number: \_\_\_\_\_  
E-mail: \_\_\_\_\_

**Lunch Requests (Please Circle One):**    No Special Needs    Vegetarian    Vegan  
Other: \_\_\_\_\_

**Please return form to:**  
Respiratory Health Association of Metropolitan Chicago  
ATTN: Mamta Gakhar  
1440 West Washington Blvd.  
Chicago, Illinois 60607  
fax: 312/243-3954    phone: 312/229-6186