



# Lana'i Community Health Center

*E Ola nō Lāna'i*

LIFE. HEALTH. and WELL-BEING FOR LĀNA'Ī

## Something Special's Happening at Lana'i Community Health Center

### May 31 is WORLD NO TOBACCO DAY

Nicotine is the most common form of chemical dependence in the U.S — and most likely here on Lana'i. Research suggests that nicotine may be as addictive as heroin, cocaine, or alcohol.

Tobacco dependence is a chronic condition that often requires repeated interventions, BUT effective treatments and helpful resources exist and work. Lanai Community Health Center is committed to increasing the success of quitting by offering classes and free patches to our patients. Also get a free gift when you attend a Smoking Cessation Class!

If you would like to make an appointment or have any questions, please call the Health Center at 565-6919 ext. 121

Monday/Wednesday: 8:00am-7:30pm

Tuesday/Thursday/Friday: 8:00am-5:00pm

Saturday: 8:00am-3:00pm

### 5 TIPS TO HELP YOU QUIT

- Don't smoke any number or any kind of cigarette—not one, not even lights; same goes for chewing tobacco
- Write down WHY you want to quit
- Know that it will take effort to quit smoking
- More than 1/2 of all adult smokers have quit, so can you too
- Get help if you need it

If you refrain from tobacco on May 31 then you have taken the first step!



Please tear off and send or drop off at Lanai Community Health Center

### Lana'i Community Health Center

478 Lauhala Place  
(across from the old Social Hall)  
Mailing address: P.O. Box 630142  
Lanai City, Hawaii 96763

Phone: 808-565-6919 ext. 121

Fax: 808-565-9111

Non-emergent: 808-563-9630

www.lanaicommunityhealthcenter.org

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Name \_\_\_\_\_

Address \_\_\_\_\_

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Phone \_\_\_\_\_

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email \_\_\_\_\_

### Please send me information on the following:

- Wellness Wednesday's dates, times, topic, and locations
- Smoking Cessation Programs
- Diabetes Management
- Well Baby Check-ups
- Behavioral Health
- Patient Portal
- Your Family Health History Record