

HALT offers the Smoking Cessation Program and other evidence-based chronic disease interventions through an accessible online platform, designed to provide equitable and affordable access to life-saving health education and promotion.



Smoking Cessation

This supportive program helps participants quit smoking and adopt a healthier lifestyle through microlessons on nicotine addiction, health risks, and quitting benefits. It provides practical tools for managing cravings, setting goals, and building support networks, emphasizing relapse prevention and stress management. Overall, the program empowers individuals to achieve lasting change and celebrate their smoke-free success.



**8 Lessons and
25 Micro lessons**

Lessons

- **Explanation of Nicotine Addiction**
- **Risks of Smoking**
- **Benefits of Quitting Smoking**
- **Quitting Tools**
- **Nicotine Relapse Prevention**
- **Celebrating Success**
- **Smoke-Free Healthy Lifestyle**
- **Coping with Cravings & Withdrawal Symptoms**

**This program is
customizable!
You choose the duration
and content to best serve
your populations.**