



L.A. Gay & Lesbian Center

Smoking Cessation Program

The Center's free smoking cessation program, the Last Drag, is a series of seven, two-hour sessions that offer gay, lesbian, bisexual, transgender and HIV-positive smokers the tools, techniques and personalized support they need to become non-smokers. It was developed by the Coalition of Lavender-Americans on Smoking & Health (CLASH). For more information or to register for a class, call us at: 323-860-7331.

About the Program

During the first two sessions participants learn about tools such as nicotine patches or gum and get the help they need to develop a plan for quitting. Session 3 is Quit Day. Two days later, in Session 4, participants share their stories and challenges and receive support from fellow group members.

Remaining sessions help the former smokers develop short- and long-term strategies for remaining smoke-free and include nutrition and fitness education as well as visits from a hypnotist and an acupuncturist. Session 7 is a celebration for the new non-smokers.

It's About Your Total Health

The Last Drag focuses on the total health of the individual—physical, mental, social and spiritual—but incorporates the language, experiences and social issues that are unique to GLBT and HIV-positive people.

Facilitators, who have completed training from the American Lung Association, can address issues such as the smoke-friendly environment of gay bars; alcohol, methamphetamine and other drug abuse; and fear of weight gain—all of which may pose significant challenges to GLBT people.

Funding

The Last Drag program is funded by the Los Angeles County Department of Health Services' Tobacco Control and Prevention Program, the first time that Proposition 99 tobacco settlement funds have been used for a program tailored specifically to GLBT and HIV-positive people in Los Angeles.