The Columbus-Athens Schweitzer Fellows Program

It’s Not Quitting, It’s Living

Goals
- Develop meaningful relationships with those struggling with tobacco addiction
- Educate an at-risk population of the consequences of tobacco use and the health and financial benefits of quitting

Methods
- Facilitated a weekly support group encouraging and motivating individuals in their efforts to overcome their addictions
- Discussed alternatives
- Taught stress management
- Promoted healthier diet and daily exercise

Partnership
Good Works, Inc.
- A non-profit organization providing assistance to those struggling with poverty and homelessness in rural Appalachia
- Friday Night Life, a weekly dinner and social gathering for people of Athens County

Athens Co. Health Dept.
- Provided visual aids and tobacco cessation resources

Impact
“Being a part of this class has taught me healthier ways that I can manage my stress other than smoking”
“Wow, I never knew cigarettes had thousands of toxic chemicals including arsenic! I can’t believe that I have been putting all that in my lungs and body for all these years”

Details
- Incorporated fun, interactive, educational games promoting team-work and quitting
- 3 Guest former smokers shared their experience of smoking and quitting

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Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

“Start early to instill in your students awareness that they are on this earth to help and serve others, that is as important to pass on to them as knowledge.”
—Albert Schweitzer, Phil.MD