



WPH EMPLOYEES GIVE YOUR LUNGS A LIFT!

**Instructor: Ronald Cole, RRT
Certified Smoking Cessation Counselor**

To help you quit, and to help you avoid paying any additional premium differential costs for tobacco users, we will again be offering Smoking Cessation classes.

WHEN: Before Open Enrollment (TBD)

TIME: 5:30PM – 8:30PM

WHERE: Centennial Room

- ✓ **Learn effective techniques from trained professionals to kick the tobacco habit for good**
- ✓ **Be part of the Holistic Care Program's unique research study that will be using aromatherapy to help reduce your nicotine cravings (participation is voluntary)**
- ✓ **Nicotine Replacement Therapy will be provided at no charge to medical plan participants**
- ✓ **Information on nutritional counseling to prevent or limit weight gain will be provided**
- ✓ **All participants will receive a certificate upon completion**

This program is offered by the WPH Respiratory Therapy Department and the WPH Wellness Program. A light dinner will be provided.

To register, go on Net Learning to the "Enroll in Class" section and enter "smoking" in the search bar to register for the class you want to attend.