

Public Health of Dayton & Montgomery County (PHDMC) and  
The Office of Human Resources present:  
**UD's Employee Smoking Cessation Series**



The University of Dayton strives to maintain a healthy workplace and productive environment for all faculty, staff, students, and visitors. In our continued efforts to promote a healthy environment, we are again offering smoking cessation assistance through the University's Human Resources office.

Through a partnership with PHDMC we are bringing you their Clinical Best Practice Smoking Cessation Series. This program, which is modeled after a Mayo Clinic cessation program, will be facilitated by Bruce Barcelo (PHDMC), a Certified Tobacco Treatment Specialist.

**Session Topics Include:**

**Jan 21 (Week 1) - Thinking about quitting**

Assessments on readiness are given, as well as an introduction of the health issues associated with tobacco.

**Jan 28 (Week 2) - Getting ready**

All forms of pharmacotherapy are covered and participants make a tentative decision on cessation. Identification of "triggers" is discussed.

**Feb 4 (Week 3) - It's quit week**

Participants will identify common withdrawal symptoms and key steps for a successful quit. Participants will set a quit date at this time.

**Feb 11 (Week 4) - Staying quit for good**

Participants will report on quit and assessments are done. Participants will gain an understanding of the most common relapse issues.

**All participants will receive FREE NRT (patches) for one month (an \$80-\$100 value)!**

**You will meet: once each week for 4 weeks from 12 - 1 p.m. in KU 310.**

**To register for this Brown Bag Lunch, go to: [go.udayton.edu/hrwellness](http://go.udayton.edu/hrwellness)  
Any questions, contact Theresa Gilbert at 9-2743**

