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

[Logo of Public Health of Dayton & Montgomery County]