

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 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 FREE 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:

April 1 (Week 1) - Thinking about quitting

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

April 8 (Week 2) - Getting ready

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

April 15 (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.

April 22 (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 noon - 1 p.m. in KU 312.**
To register for this Brown Bag Lunch, go to: <http://go.udayton.edu/hrtraining>

