

Public Health of Dayton & Montgomery County (PHDMC) and  
the Office of Human Resources present:

## UD's Employee Smoking Cessation Series for Faculty/Staff and Spouses



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 Brenda Alexander (PHDMC), a Certified Tobacco Treatment Specialist.

### **Session Topics Include:**

#### **Oct 1 (Week 1) - Thinking about quitting**

Assessments on readiness are given, as well as an introduction of the health issues associated with tobacco. Located in KU Room 207

#### **Oct 8 (Week 2) - Getting ready**

All forms of pharmacotherapy are covered and participants make a tentative decision on cessation. Identification of "triggers" is discussed. Located in KU Room 207

#### **Oct 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. Located in Library. LTC Room 028

#### **Oct 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. Located in KU Room 207

**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 p.m. to 1 p.m.**

**To register for this Brown Bag Lunch, contact Theresa Gilbert at 9-2743**

