

# FREE TOBACCO CONTROL PROGRAMS

Available for your Workplace or Multi-Unit Housing Complex

## FREE ON-SITE GROUP CESSATION CLASSES FOR YOUR EMPLOYEES:

- An 8 week long class (Freedom From Smoking®)
- Offered on your worksite by a trained tobacco cessation facilitator.
- Aids participants in identifying the triggers of their addiction, create and implement a “Quit Plan” and offers a support group for those wishing to quit tobacco.
- Free Nicotine Replacement Therapy (patch, gum, lozenges) are provided.
- Certificate distributed upon completion.

## TOBACCO-FREE POLICY DEVELOPMENT

- Assist companies with writing a comprehensive tobacco-free policy for your company handbook.

**For more information and to participate, Contact Lebanon Family Health Services at:**

**717-273- 6741 ext. 310 or e-mail  
[Holly@lebanonfamilyhealth.org](mailto:Holly@lebanonfamilyhealth.org)**

