



Wellness
Coaches™

TO QUITTING TOBACCO

Free Tobacco Cessation Classes Available to Employees

STEP AWAY FROM TOBACCO

STEPS Tobacco Cessation Program is designed to help you:

- Learn about tobacco and your health
- Explore your current relationship with tobacco
- Create a personalized, successful quit plan
- Become tobacco free



What if I am not ready to quit?

STEPS classes are for everyone! Your Wellness Coach will provide you with the tools you need to be successful at any stage of the quitting process.



**Friday August 28th
Friday September 4th
Friday September 11th
Friday September 18th
11am-12pm
Training Room**

Join Us For Class!

- 4 one hour interactive class sessions
- Information will be provided about additional tobacco cessation resources available through your insurance provider and community.
- Wellness Coaching is encouraged throughout the program and is 100% confidential and for your benefit!

Your Wellness Coach can help you take STEPS toward becoming tobacco free and improving your health.

For more information and to sign up, contact your Wellness Coach, Amber Roach aroach@wcusa.com or 717-596-0518