

CareHere!®

Freedom From Smoking

Quit Now! Smoking Cessation Program



Rutherford County is providing employees who are on the health plan with a new Tobacco cessation program!

The most effective way to quit smoking is by combining four components of support. The smoking cessation program will include ALL of these components in an effort to provide you with the support necessary to make your life healthier!!

The program includes:

- An 8-week group workshop created by the American Lung Association
- Support from the CareHere Health Coach
- CareHere Provider Support
- 3 month supply of the new drug, Chantix, used to help people quit smoking

Together these components of support will help you put down the tobacco and remain *“QUIT for LIFE!!”*

The workshop will be held on:

**Thursday September 9th from 5:00p-7:00p
and every Thursday at the same time through October 28th
at 303 N. Church St. in the Admin Building Conference Rm.**