

70% OF smokers want to quit.

Are you one of them?

The City of Columbus has partnered with Total Wellness Concepts, LLC to provide a **free** program to help employees and adult family members* quit smoking.

Join a Total Wellness Concepts Tobacco Quit Specialist at an upcoming Q&A seminar to learn about the program, how it's different from other smoking cessation programs and how you sign up!



Q&A Seminar Dates (all seminars will be from 12:00 pm– 1:00pm):

August 9- 910 Dublin Road, Auditorium

August 10- Municipal Courts, Judge's Conference Room, 10th floor

August 11th- Columbus Public Health, Room 119E

August 15th- 757 Carolyn Ave, Hearing Room

August 16th- Police Headquarters, Room 116

August 17th- 1250 Fairwood Ave.

The *Tobacco Free for Life* is a best-practice program proven to help people quit tobacco. Participants attend in-person counseling sessions* with a certified Quit Specialist and **receive a FREE 2 month supply of nicotine patches, gum or lozenges**. The Quit Specialist will work with you and your doctor to design a specialized quit plan tailored to your personal needs.

Participation in this program is confidential. Total Wellness Concepts will not share the names of any participant with the City of Columbus or UnitedHealthcare.

For general program questions, call 645-0988.

**Employees and spouses/partners may attend sessions together to increase the chance of quitting and staying quit. Adult dependents must be 18 or older.*

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