



70% of Tobacco Users Would Like to Quit. Are You One of Them?

Healthy Columbus and the Employee Assistance Program encourage all City employees and family members that would like to quit tobacco use to participate in the Freshstart Program.

What is Freshstart?

Freshstart helps tobacco users plan to successfully quit tobacco by providing group support, information, and skills for coping with cravings.

How Does Freshstart work?

Tobacco cessation is a two-part process, quitting and staying quit. The program provides participants with a supportive environment to help them through their journey to quit through [4 group meetings](#). The program addresses:

- The benefits of not using tobacco.
- Alternatives to quitting cold turkey
- Use of tobacco cessation medications
- How to fight urges to use tobacco
- How to cope with the physical symptoms of not using tobacco

Freshstart will provide concrete ways to handle obstacles many former-tobacco users face. Participants also receive a kit with materials to review and use at meetings and at home.

[You are the key to your own fresh start. Staying quit and enjoying it forever is possible.](#)

Why Quit Now?

Tobacco use increases the risk of

- Heart disease & stroke
- Many types of cancers
- Diabetes
- Respiratory illnesses

[Quitting tobacco decreases the risk of smoking related diseases and improves health](#), regardless of how long a person has used tobacco.

Participants will also be eligible to receive a two week supply of nicotine patches for FREE Through the Ohio Tobacco Quit Line.

For additional support to quit tobacco, participants will be encouraged to call the Ohio Tobacco Quit Line (1-800-QUIT-NOW or 1-800-784-8669). Quit Line callers will receive the following at no cost:

- Support and advice from an experienced Quit Specialist.
- A personalized Quit Plan and self-help materials.
- The latest information about medications that can help you quit.
- [Free](#) nicotine patches for qualified callers.

For more information, contact Jen Morel, Employee Wellness Coordinator at 645-0988 or jemorel@columbus.gov.

City of Columbus Freshstart Program

12:00pm-1:00pm, Piedmont
Training Room D
(750 Piedmont Ave, free
parking)

February 22, 2011
March 1, 2011
March 8, 2011
March 15, 2011

Participants are encouraged
to bring lunch to the meetings.

**This program is FREE to
attend.**

Registration is mandatory.
To register, please fill out the
attached registration form.

Registration Deadline:
February 18, 2011

**Freshstart will be offered on the
following dates in 2011:**

May 18, 25, June 1, 8
August 1, 9, 16, 23
October 27, November 3, 10, 17