



# Smoke-Free for Life

**This class is FREE and open to the public!**

**As a participant in Smoke-Free For Life you will:**

- Learn to overcome barriers that have kept you from quitting in the past
- Develop a customized “quit-plan” that will lead to success
- Learn the art of positive self-talk and watch it work for you
- Understand how to control your weight during and after the program
- Practice sound techniques to manage stress
- Develop strategies that will prevent relapse
- Give and receive support in a positive and comfortable environment

**This program includes FREE nicotine-replacement gum or patches.**

**Classes will be held at the Wilfred R. Cameron Wellness Center**

### **3 Ways to Register:**

1. Online at [wrcameronwellness.org](http://wrcameronwellness.org)
2. In-person at the Wellness Center

Participants that successfully complete the program will be eligible for a **discount on initiation fees** at the Wilfred R. Cameron Wellness Center!

**Contact the Wilfred R. Cameron Wellness Center for upcoming dates and times.**

240 Wellness Way,  
Washington PA 15301

724.225.WELL (9355)  
[wrcameronwellness.org](http://wrcameronwellness.org)  
[facebook.com/CameronWellness](https://facebook.com/CameronWellness)



WASHINGTON HEALTH SYSTEM  
Wilfred R. Cameron Wellness Center