



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
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
facebook.com/CameronWellness



WASHINGTON HEALTH SYSTEM
Wilfred R. Cameron Wellness Center