

smoking cessation class



Break time, yet?

CLASS NAME: Smoking Cessation Techniques*

DATE: Begins 12/2/09 w/ a follow-up session on 12/9/09

TIME: 5:15 p.m. – 6:45 p.m. (Parking validation provided)

LOCATION: City Hall, Room W-262, 2nd Floor, Wing

CONTACT: City of San José Employee Wellness Program



WellnessIn-Box@sanjoseca.gov

Your smoking habit is hurting your lungs *and* putting a dent in your paycheck. **Develop a personalized plan to break the habit.** This positive, no-pressure environment gives you the resources and strategies to help you quit for good.

* **This FREE class is NOT limited to Kaiser Permanente Members.** All active employees, benefited dependents, and retirees enrolled into a City sponsored health plan are eligible to attend.

healthworks
by KAISER PERMANENTE.

Approved for posting by Director of H.R.