

smoking cessation class



Break time, yet?

CLASS NAME: Smoking Cessation Techniques*

DATE: Begins 1/13/10 w/ a follow-up session on 1/20/10

TIME: 2:00 p.m. – 3:30 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.

Supervisor approval is needed to attend during an employee's regular working hours

healthworks
by KAISER PERMANENTE.

Approved for posting by Director of H.R.