

## **Be Fit Be Well Challenge- Smoking Cessation**

This program is designed to help participants make the commitment to stop smoking and lead a healthier life.

- Participants must sign-up at the Schumo front desk.
- Participants will be required to register for a one hour 6 week free smoking cessation program through Cheryl Yates at the Reading Hospital 610-988-HELP. If you are unable to travel to the Reading Hospital, you will need to sign-up for a campus location that will be announced at a later date.
- You will be given a wrist band at the start of the program to remind you of your commitment and a t-shirt will be given at the end for your participation in the program.
- Start and end dates will vary but the commitment to educate yourself on the risks of smoking and what you can do to eliminate tobacco from your life is a 6 week period.
- Expectations include a reduction by 50% in daily usage or absolute adherence for a 2 week span but active participation with the program coordinator during the 6 weeks will be considered for completion of the program.

**Make your commitment today!**

**Be Fit and Be Well**