

A smoke-free lifestyle

Tired of coughing and feeling fatigued?
Looking for a lifestyle change?
Concerned about your long-term health?



Your Employee Assistance Program (EAP) can help.

If you've tried to quit smoking, you know how hard it can be. It may take you several tries to stop smoking, but each time you try, you get closer to stopping for good.

Get the extra support you need with two options in smoking cessation.

THE SHEPELL-FGI SMOKING CESSATION PROGRAM

A certified smoking cessation counsellor is with you every step of the way to problem-solve difficult situations and offer support over the telephone.

THE SHEPELL-FGI STOP SMOKING CENTRE

This interactive and personalized online program is designed with six major milestones to help you quit.

Each program's step-by-step process will help you:

- o understand why and when you smoke
- o change how you think and behave
- o build social support networks
- o deal with stress and other obstacles that affect progress

The program is confidential, voluntary, and available at no cost to you and your immediate family members.

Take the first step toward a smoke-free lifestyle and call your EAP.
It's one of the most positive and healthy lifestyle changes you'll make.

1.800.387.4765

Shepell·fgi™

work. health. life.