



Kick the habit for good!

We can help make it happen

Are you interested in quitting smoking or thinking about it?

You have resources at your fingertips to help make quitting a reality. Your onsite Health Coach can help you make lifestyle changes and provide support as you embark on this journey. Make an appointment with Brittany at the Racine Employee Health & Wellness Center to take the first step in quitting. Call 262-687-5565 to get scheduled.

Did you know?

- Quitting smoking for good often requires multiple attempts. Using counseling or medication alone increases the chance of a quit attempt being successful; the combination of both is even more effective.
- Smoking is the number one cause of preventable disease and death worldwide. Smoking-related diseases claim more than 480,000 lives in the U.S. each year.
- Smoking is directly responsible for approximately 90 percent of lung cancer deaths and approximately 80 percent of deaths caused by chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis.

<https://www.lung.org/quit-smoking/smoking-facts/health-effects/smoking>

Don't go it alone. Call Brittany to get started!

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