

INVEST IN YOUR WELLNESS:

IT'S TIME TO QUIT



Start the day fresh. Pick the day you want to quit and begin that day without a cigarette. Don't focus on what you're missing. Think about what you're gaining.

See the change in a day. Your blood pressure and pulse decrease after 20 minutes and the carbon monoxide level in your blood returns to normal just 12 hours after quitting.

(American Cancer Society)



Find something to keep you accountable. OhioHealth's Tobacco Cessation Program offers a comprehensive approach to help patients become tobacco free for life. It is designed to give patients the tools to quit and commit to a healthier lifestyle.

Check out Virgin Pulse! Create healthy habits and pick the programs that work best for you. Find support through the Journeys program in Virgin Pulse with the program title of, "Read, Set, Stop Smoking!"



If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.



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