



Quit smoking for cash!



If you're a PCS employee who is ready to quit tobacco, you can earn a **\$50 gift card** for completing a Tobacco Cessation Class!

Hurry, spots are limited!

Class Schedule

YMCA Bardmoor
8495 Bryan Dairy Rd. Largo, FL 33777
Conference Room

Six Week Class:
Tuesdays
April 12th - May 17th, 2016
6:00pm - 7:00pm

Class is open to Pinellas County Schools
Employees, Spouses and Adult Dependents
Only.

Registration Required

Please Call:
Nicole Kelly, AHEC Tobacco Cessation
Program Coordinator at:
813-929-1000 ext. 204

For general questions, contact Kara Hager at
hagerk@pcsb.org

Get the help and support
needed to quit tobacco for
good, PLUS:

- \$50 gift card for completing the program
- FREE Nicotine Replacement Patches, Gum and Lozenges
- Earn 350 Vitality Points



Helping Someone Quit



Once a smoker decides to quit, he or she is more likely to be successful if family, friends and co-workers give help and support.

If your friend or coworker has not yet fully made up their mind to quit, try and see it from their side. For most smokers, cigarettes have been a steady friend for a long time. Some reluctance is normal and it doesn't mean your friend won't be able to quit for good. First, let your friend know you understand their doubts and then suggest that he or she list their reasons for quitting. Encourage setting a target quit date and offer to help in any way needed.

Be sure to [tell your coworker about the FREE Tobacco Cessation Program for PCS employees beginning on April 12th](#) for lots of help quitting and staying quit.

How Do You Begin?

- Tell your friend that you think he or she can succeed this time, even if he or she has tried to quit before and failed. We encourage smokers to think of those past tries as "practice quits" and to learn from them as they plan their next quit attempt.
- For the first few days after the smoker quits, be ready to help. He or she may just want to talk, or your friend may want extra help when a tough situation arises, such as a party, or a crisis at home or work.
- No nagging, scolding or preaching—that just doesn't work. Instead, let your friend know how much you admire them for trying to quit.

[Get tips on what you can do from the start](#) to help your friend quit and stay quit.

Meeting Challenges Along the Way

Withdrawal, weight gain and urges are some challenges that might come up. [Learn how you can be there to help.](#)

Be There for the Long Run

Quitting smoking is a journey. [See how you can help your friend each step of the way,](#) from making a quitting plan to dealing with relapse.