

Choose Life. Quit Tobacco.



Attend Tobacco Cessation Classes on Your Lunch Break!

Kicking tobacco to the curb is one of the best things you can do to improve your health and well-being, but it is not easy! To support you with achieving this very important goal, the Employee Assistance Program, Deer Oaks, offers **FREE** group tobacco cessation classes, facilitated by **Dr. Patricia Mendoza**.

For more information about these classes or to reserve your seat, contact the Employee Wellness Program at **207-WELL (9355)** or **wellness@sanantonio.gov**. Make sure you bring your lunch. Remember, if you were a tobacco user at the time you self-reported your tobacco status and are paying the **\$40** monthly fee, you have the opportunity to have the monthly fee **stopped** by completing a tobacco cessation program and remaining tobacco-free for **60 consecutive days**.

5-Week Program

02/05/15: Session #1

Tobacco Cessation: An Introduction

02/12/15: Session #2

Managing the First Few Days

02/19/15: Session #3

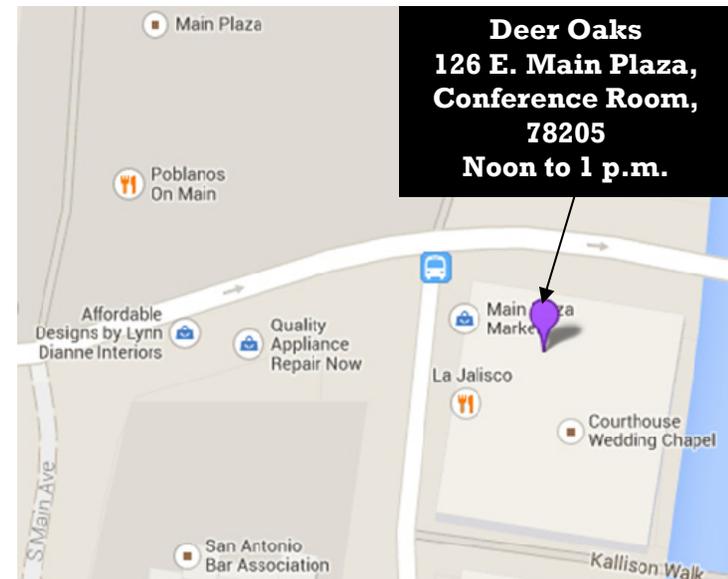
Mastering Obstacles

02/26/15: Session #4

Staying Quit Forever and Enjoying It

03/26/15: Session #5

Check In and Follow Up



- **Parking is available for those who drive.**
 - **Spouses/domestic partners are welcome to attend.**
 - **Classes are held on Thursdays from noon to 1 p.m. at 126 E. Main Plaza, Conference Room, 78205.**