



Here to help

Healthy Communities Partnership is able to offer your company the services of a Certified Freedom From Smoking® Facilitator who will work with and maintain contact with employees for six months. The road to success for any employee who wishes to participate begins with an 8-week cessation class and continues with follow-up calls and contacts as needed by the employees. Employees are offered tools, tips, and resources that can help them along the road to success. The end result is up to them, but our trained facilitators accompany willing participants along the journey, increasing chances of success.



A few words from former FFS participants

I enjoyed the class and I think the facts I learned about the hazards of smoking were helpful in making my mind up to quit! ~JG

I think the program is great. If more people would have had this class a lot more would have succeeded. ~SF

The class helped, it was great! Kicked the habit in no time! ~CS

I smoked for 16 years... I realized it was time to get rid of the habit... I learned alternatives to smoking... I was able to map out a way to avoid cigarettes. ~KP, 2 years smoke free



Healthy Communities Partnership
Greater Franklin County

Tobacco Cessation Program

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in partnership with



pennsylvania
DEPARTMENT OF HEALTH

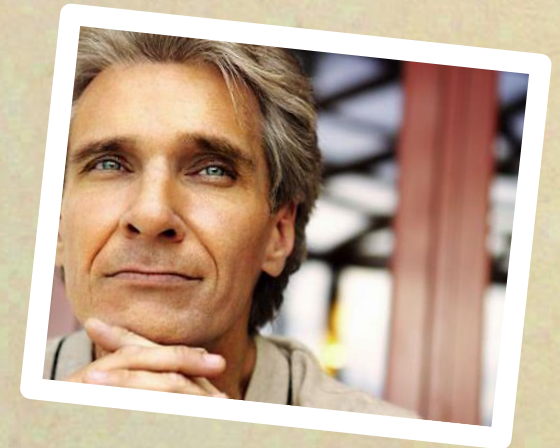


AMERICAN LUNG ASSOCIATION
IN PENNSYLVANIA



Healthy Communities Partnership

Tobacco Cessation



Is a tobacco cessation program right for your company?

Healthy Communities Partnership is pleased to offer

AMERICAN LUNG ASSOCIATION

Freedom FROM SMOKING®



Worksite cessation?

Tobacco use is the single largest preventable cause of disease and premature deaths in the US. The Center for Disease Control and Prevention estimates that the annual cost of tobacco use to an employer averages about \$3,400 per smoker (ACS Tobacco and Smoking Toolkit, 2012). Your company can lower this cost by promoting tobacco free policies and by offering tobacco cessation programming to your employees.

HCP can offer an in-house Freedom From Smoking® Program designed to meet your employees needs at a time and place that is easy for them to attend. We're here to help and all promotional pieces and forms can be found on our website.



Scheduling a program

It's all about convenience where you work. We will come to your worksite location once a time and place are arranged. Just promote the program in your company and send us completed registration forms, and we take care of the rest. And the best part... it's completely FREE! Your worksite cessation program includes:

- ✧ A Certified Freedom From Smoking® Facilitator
- ✧ The American Lung Association's Freedom From Smoking® curriculum in 8 weekly sessions
- ✧ Follow-up with participants, as needed, at 30 days and 6 months after the clinic is finished
- ✧ Tool-kits, workbooks, CD, Quit-kits, and supplies for each participant
- ✧ Free nicotine replacement for each participant for 4 weeks



The benefits of cessation

The benefits for your employees of breaking the habit can be life changing.

- ✧ The health benefits of quitting start in as little as 20 minutes and continue for more than 20 years!
- ✧ When a pack a day smoker quits, he or she is able to save more than \$2,000 a year, experience fewer lost days of work due to illness and may benefit from reduced insurance costs.

The benefits are not just for employees in your workplace. For employers, a smoker who quits smoking could save an estimated \$3,400 per year from;

- ✧ Healthcare costs
- ✧ Absenteeism
- ✧ Work time used on smoking rituals
- ✧ Higher life insurance premiums
- ✧ Higher occupational injuries cost
- ✧ Higher cost of disability
- ✧ Disciplinary action cost