



MISSOURI FOUNDATION FOR HEALTH

**Saint Francis
employees can
earn up to
160* Wellness
points!**

Funding for this project was provided in whole by Missouri Foundation for Health. Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves.

**Participants can earn 10 points per class toward their Healthy Rewards wellness points. Participants who are successful with cessation for at least three months prior to their annual wellness assessment will earn 100 Healthy Rewards tobacco points for being tobacco-free.*

Kick the habit! **Freedom From Smoking®**

The American Lung Association® Freedom From Smoking® program is being offered by Saint Francis Medical Center to help tobacco users kick the habit. The six-week program offers coping strategies, encouragement, support and techniques to help empower smokers to quit. Participants may be referred by a physician, dentist or other health professional or may be self-referred.

The program consists of six weekly group sessions that will focus on:

- The decision process
- Understanding your habit
- Building motivation
- Coping with urges
- Recovery and support
- Stress management
- Weight control and exercise
- Assertive communication
- Relapse prevention

The use of nicotine replacement therapy products work best when used in conjunction with a behavioral or support program such as Freedom From Smoking.

The Freedom From Smoking program requires a \$70 deposit. If you are tobacco-free at six months, your deposit is refunded. Payment is due at the first session of the program. A close friend or family member is encouraged to attend with the participant. Saint Francis employees may use payroll deduction or make checks payable to Saint Francis Medical Center.

For class times or more information on Freedom From Smoking, call 573-331-3006.



Medicine to the Highest Power

211 Saint Francis Drive • Cape Girardeau, MO 63703
573-331-3000 • www.sfmc.net