

Quit Smoking Now!

Now offering a six-week cessation program for UF Employees and their partners or spouses.



In a joint effort, the Student Health Care Center, UF's Employee Assistance Program and the UF Area Health Education Centers are offering UF employees a FREE smoking cessation program. All employees, including OPS, who are interested in quitting smoking, are encouraged to learn more about this program.

The groups will meet for approximately 90 minutes on 6 consecutive weeks and will include education, group support and medical oversight with pharmaceutical smoking cessation medications. Medications will be available under the prescription and management of a skilled medical provider and offered to participants at a significant discount. Because success at quitting is more likely when partners quit together, spouses and partners are invited to participate at no cost also.

For more information, or to find out when the next group begins, please contact the EAP program at (352) 392-5787, or visit us on the web at:

<http://shcc.ufl.edu/employees/employee-health-services/> and click

Employee Smoking Cessation Program Sign-Up

