

*Living tobacco free* webinar: ready-to-use message

How to use

1. Share the message below with employees before January 30, 2025.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: Join us for our Tobacco Cessation webinar, *Living tobacco free,* on January 30

Are you or someone you know looking to quit tobacco? Start the new year with a healthier lifestyle by joining us for a free, informative webinar on tobacco cessation.

**When and where:**

Thursday, January 30, 2025  
Noon to 1 p.m.

Teams

Registration is not required.

[Join us on Teams](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NWZiODQ5ODctMzI0YS00NjZhLWIxNjUtOTM5NmE0ZDU1OGJk%40thread.v2/0?context=%7b%22Tid%22%3a%2211d0e217-264e-400a-8ba0-57dcc127d72d%22%2c%22Oid%22%3a%22e2309442-c645-4142-983f-895928f06b7f%22%7d) at noon, January 30, 2025.

Meeting ID: 227 159 201 407

Passcode: ev9bt2Bz

This hour-long session will be divided into two parts: a presentation on the health benefits of quitting tobacco followed by a discussion on the resources available for quitting.

* **Health benefits of quitting tobacco**: Learn about the immediate and long-term health improvements you can expect when you quit smoking or using tobacco.
* **Resources for quitting**: Discover the wealth of tools, strategies, and support systems available to help you become tobacco-free. You're not alone in this journey, and we're here to support you every step of the way.

Whether you're considering quitting or want to know more, this webinar is the perfect opportunity to get expert advice and to learn about resources that can make the process easier.

Take control of your health in 2025.

We look forward to having you join us.

**Questions?**

Please contact [Aubry Bright.](mailto:aubry.bright@hca.wa.gov)

**END MESSAGE**