

Webinar: Living tobacco free

Thursday, January 19, 2025

Noon to 1:00 p.m.

Whether you're considering quitting using tobacco 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.

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.

Objectives

- Discuss facts about tobacco use.
- Describe health risks of tobacco use.
- Identify benefits of quitting tobacco.
- Discuss tips for quitting tobacco.
- Review cessation resources and health plan benefits.

Registration is not required.

[Join us on Teams](#) at noon, January 30, 2025.

Meeting ID: 227 159 201 407

Passcode: ev9bt2Bz