

Stop Smoking: Get Your Life Back!



Ready to quit? Not certain? Trying again?

Quitting smoking takes more than willpower. We know what it takes to become a successful ex-smoker and we've put that knowledge together in our smoking cessation program. *Stop Smoking* includes an option to obtain one-on-one coaching with our quit-smoking experts.

Course Contents

There are three pathways to follow in this course, depending on your personal stage of readiness to quit smoking:

- Build confidence to quit smoking.
- Create a comprehensive quit-smoking plan and prepare for your quit-smoking date.
- Reaffirm your commitment, learn from past quitting attempts, and learn new strategies to try.

Additional Features

- Self-guided workbooks for completing offline.
- Resources for continued learning.
- Course certificate can be printed following successful completion of course learning quiz.



ENROLL NOW!

Enrollment may be covered by your benefit plan employee assistance services. Our website will help you determine this. To register, learn more about this course or learn about other courses we offer, visit Member Services at www.homeweb.ca.

Estimated time to complete this course is 2 hours (60 minutes online; 60 minutes of printed workbook material).