



# TOBACCO CESSATION

Make 2022 the year you quit for good. The EACC's tobacco cessation support group, facilitated by EACC Counselors Kourtney Young and Karen Coats, is a four-part program offering support and guidance in the process of quitting.

## **WHEN & WHERE:**

Choose one 4-week session — Tuesdays in January (4, 11, 18, 25) or Thursdays in February (3, 10, 17, 24) — noon-1 p.m., via Zoom.

## **WHO:**

Program is free to all UAB, UAB Medicine, VIVA Health, Homewood City Schools and i3 Academy employees and members of their immediate households.

## **REGISTRATION:**

Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select "Tobacco Cessation" to register via Zoom. To request disability accommodations, email [HRAware@uab.edu](mailto:HRAware@uab.edu).

## **DISCONTINUATION of TOBACCO SURCHARGE**

UAB benefits recipients must attend all four classes in their session to receive a certificate of completion and be eligible for a Discontinuation of Tobacco Surcharge.

For information on EACC's one-on-one tobacco cessation counseling and other cessation resources:

[go.uab.edu/quit](https://go.uab.edu/quit)

