



TOBACCO CESSATION

A UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER SUPPORT GROUP

Make 2019 the year you quit for good with help from the EACC's tobacco cessation support group, a four-part program facilitated by EACC Counselors Anna Gray Sarcone, MFTA, and Kourtney Young, LPC.

WHEN:

4-week sessions starting in January and February 2019.

- January group meets Thursdays, noon-1 p.m., starting Jan. 10
- February group meets Thursdays, noon-1 p.m., starting Feb. 7

WHERE:

Magnolia Office Park, 2112 11th Ave. South, Suite 330
Carpooling is encouraged as parking is limited.

WHO:

Program is free to all UAB, UAB Medicine, VIVA Health and Homewood City School System employees.

To enroll, call the EACC at 205-934-2281.

**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.

*EACC also offers one-on-one tobacco cessation counseling, available year-round.
For information on this and other tobacco cessation resources, visit uab.edu/eacc.*



EMPLOYEE ASSISTANCE
& COUNSELING CENTER
The University of Alabama at Birmingham