



TOBACCO CESSATION

A UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER SUPPORT GROUP

Make 2020 the year you quit for good. The EACC's tobacco cessation support group, facilitated by EACC Counselor Brittany Cockrum, MA, LPC, NCC, is a four-part program offering support and guidance in the process of smoking cessation. Handouts and online modules will be utilized to facilitate discussion and encourage motivation.

WHEN:

4-week session meets Thursdays in February
(Feb. 6, 13, 20, 27), noon-1 p.m.

WHERE:

Magnolia Office Park, 2112 11th Ave. South, Suite 330

WHO:

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

REGISTRATION:

Go to uab.edu/learn and enroll in "Tobacco
Cessation" under the catalog tab.

**Discontinuation of
Tobacco Surcharge:**

UAB benefits recipients
must enroll by Jan.
31 and attend all four
classes 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.*



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The University of Alabama at Birmingham