



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 Anna Gray Mims, LMFT, 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 January
(Jan. 9, 16, 23, 30), 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 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.*



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& COUNSELING CENTER
The University of Alabama at Birmingham