



Smoking Cessation Behavior Change at JSC



[Get points in the Rewards Program!](#)

www.explorationwellness.com



FreshStart Program

- ❖ 4 Group Sessions to Help You Quit
 - Understanding How & Why
 - Mastering the First Few Days
 - Mastering Obstacles
 - Staying Quit & Enjoying It Forever



- ❖ Upcoming FreshStart Session Onsite
 - Thursday's July 8th – 29th at 11–11:30am
 - Registration required
 - Contact Rebekah Hart, 281-483-6770, [Email](#)



Online Tobacco Cessation Info & Activities

- ❖ Learn to quit on line with the Mayo Clinic
 - [My Smoke-Free Future](#)
 - Getting ready to quit and staying quit
 - Register at the Mayo Clinic website to participate on line
 - Registration Unique ID: *healthiernasa*

