

Tobacco Cessation

1

Plan

- Gather necessary permission to host event within your organization.
- Determine budget.
- Consider whether you will staff the table.
- Determine date to host.
- Determine event location and space to host.
- Reach out to RWC to provide a prize for participation.
- Print QR code to access the “How to Quit Using Tobacco” guide.
- [Print Cigs in a Pod flyer to display on board.](#)
- Print American Cancer Society QR flyer to display on board.
- [Print any any of the following tools and resources you would like to utilize.](#)

2

Promote

- Gain support from leadership to increase promotions.
- Create flyer with details including: location, date, time, and purpose.
- Send flyer 2 weeks prior to event—via email, placed throughout the building, on morning announcements, and in newsletter.
- Send email day of event with flyer as a reminder!

3

Execute

- Purchase and assemble trifold or poster board with print outs.
- Provide pens to fill out Quit Cards—provided in tools and resources.
- Be sure to refer all individuals with any medically-related questions to a health professional.
- Be mindful of the sensitivity surrounding this topic: medical history, family history.
- Send photos of your successful event to RWC so we can share with others in the Champion Network!



Approximate Cost: \$20-\$30

Trifold (\$17), LivingWell pens (FREE), Acrylic Sign (\$20) copies of print outs. Items prices may vary, estimated cost Amazon

The perfect time to host!

- ✓ January: New Year’s Resolution
- ✓ February: American Heart Month
- ✓ May: American Stroke Month, National Stress Awareness Month
- ✓ November: National Tobacco Cessation Month, Lung Cancer Awareness Month

American Cancer Society

How to Quit Smoking or Smokeless Tobacco



<https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking.html>

cancer.org | 1.800.227.2345

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