

Kick Butts Smoking Cessation Program – Orleans

This *IS* the program you have been hearing so much about!

The Cape Cod Municipal Health Group is offering this program due to the overwhelming success of our Falmouth, Mashpee, and Barnstable Programs which have currently helped over 60 members quit smoking!!!! This program works!! If you are a smoker or know a smoker in this health group (don't forget spouses are eligible too), please pass along the following information about the Orleans program:



WHERE: SKAKET ROOM, ORLEANS TOWN HALL

**WHEN: TUESDAY AFTERNOONS FROM 1:45 – 3:15
FOR 6 WEEKS BEGINNING JAN 12th**

**SUPPORT GROUP MEETINGS FOR 10
MONTHS ON THE FIRST WEDNESDAY OF
EACH MONTH: MARCH 2010 – DEC 2010**

**HOW: YOUR EMPLOYER IS GIVING YOU THE
TIME OFF TO ATTEND THIS PROGRAM
DURING YOUR WORK DAY (BE SURE TO
TALK WITH SUPERVISOR TO ARRANGE
YOUR SCHEDULE!)**

**COST: NOTHING! IN FACT YOU ARE ENTITLED
TO A STIPEND FOR ATTENDING THE
MEETINGS AND BEING SMOKE FREE!**

The Cape Cod Municipal Health Group is dedicated to improving the quality of health for all members, so much so that they have offered these extra "perks":

- Nicotine Replacement Therapy (whatever method is chosen by member and their doctor) will be covered at no cost to you!
- Monthly stipends of \$50.00 to each member that is *tested to be smoke free OR
- Annual stipend up to \$500.00 for *testing smoke free at each meeting
(*Testing will consist of a saliva sample, is non-invasive, and is your choice)

***Don't wait, sign up now! Contact Deanna Desroches, Wellness Consultant,
at 508-362-6106 or via email at dldesroches@comcast.net – space is limited!***