



# Tobacco Program

*Today, I quit for me, my children, my pets...  
Who do you quit for?*

## Complete 5 week Tobacco Program with the Vanderburgh County Health Department to earn your Wellness Incentive OR \$100 HRA credit!

- Free nicotine patches, gum or lozenges at every classes attended
- Classes will be via virtual learning, on demand videos, or phone appointments
- Call Mary Jo @ 812-435-5807 for specific information for each class OR visit the Health Department Website to sign up!

### Upcoming Classes

#### Stop Smoking Program– 5 weeks

The five-week smoking cessation program includes weekly meetings with a Stop Smoking coach to provide education and support lasting for one hour or less. Participants are eligible to receive nicotine replacement free of charge including patches, nicotine gum, or lozenges to assist in withdraw from a smoking addiction. The Indiana Tobacco Quitline is available for additional resources. The CDC has recognized that smokers are at higher risk of complications of COVID -19; this would be a great time to consider stop smoking.

#### Baby and Me Tobacco Free Program– 16 sessions

“Baby and Me – Tobacco Free” is an evidence-based smoking cessation program created to reduce the burden of tobacco use in the pregnant and post-partum population. Women who quit smoking before/during pregnancy are less likely to have premature and low-birth weight babies. Due to the damaging effect of second-hand smoke, women (and their partner) are encouraged to maintain smoking cessation after delivery. This results in healthier mothers, babies, and improved health outcomes for those involved. This program also provides free diapers starting at prenatal session 3 and rewards free diapers until the baby is one year old, as long as mom stays smoke free.

**\*Completed Attendance Sheet is required to receive credit.\***