

TOBACCO CESSATION CLASSES

The Tulsa FOP 93 Health and Welfare Trust is committed to the health of our members. Studies have shown that smokers have as much as a 40% higher health care costs over non-smokers. Smokeless tobacco, cigars, pipe tobacco, and E-Cigarettes are directly linked to oral cancer, dental and gum diseases, heart disease, high blood pressure and stroke. As a part of the 2018-2019 wellness plan the Trust is offering premium incentives for those that test negative for nicotine on their PHA or before 10/31/18. Those seeking assistance in quitting may access a Trust approved nicotine cessation program. Please see below for program details. We are looking forward to a healthier membership!!



2018

Date/Time	Location
Thursday January 11 th – Thursday February 15 th , 6:30 pm	Health Zone, Classroom
Tuesday February 20 th – Tuesday March 27 th , 6:30 pm	Saint Francis Cancer Center
Thursday April 5 th – Thursday May 10 th , 6:30 p.m.	Health Zone, Classroom
Tuesday May 15 th - Tuesday June 19 th , 6:30 p.m.	Saint Francis Cancer Center
Thursday June 28 th – Thursday August 2 nd , 6:30 p.m.	Health Zone, Classroom
Tuesday August 7 th – Tuesday September 11 th , 6:30 p.m.	Saint Francis Cancer Center
Thursday September 27 th – Thursday November 1 st , 6:30 p.m.	Health Zone, Classroom
Tuesday November 6 th – Tuesday December 11 th , 6:30 p.m.	Saint Francis Cancer Center

- CLASSES MEET FOR AN HOUR ONCE A WEEK FOR SIX WEEKS

To register for tobacco cessation classes:

- All participants can register by calling 494-8263
- Participants may register until the day before class begins.
- A class is considered closed once 30 participants have registered.
- Participants will receive a confirmation phone call before the classes begin.
- **Health Zone** is located at 5353 East 68th Street South Tulsa, OK
- **St. Francis Cancer Center** is located at 11212 E 48th St Tulsa, OK