



# WHAT ARE YOU WAITING FOR?

If you are ready to quit using tobacco, you can now take advantage of the free City of Houston Smoking Cessation program. There are two options available.

- Participate in a Telephonic smoking cessation class contact Cigna at 800-997-1406 to begin today.
- Reserve your spot for the on-site “Living Tobacco-free Program” at <https://coh-tobacco-cessation-summer2019.eventbrite.com>. Spaces are LIMITED to 10 employees per class.

**Note:** Dependents may only complete the Telephonic smoking cessation classes. They will not be permitted to attend onsite classes.

## **Locations for Summer 2019:**

**Days: Mondays (June 10, June 17, June 24, July 8, July 15, July 22, August 5, August 12)**

\*Note: Class skips July 1 and July 29

Time: 12 p.m. - 12:30 p.m.

Location: 611 Walker, Lower Level Auditorium

**Days: Tuesdays (June 11, June 18, June 25, July 9, July 16, July 23, July 30, August 6)**

\*Note: Class skips July 2

Time: 12:15 p.m. - 12:45 p.m.

Location: 16930 JFK Blvd., PDC Conference Room

**Days: Wednesdays (June 12, June 19, June 26, July 10, July 17, July 24, July 31, August 7)**

\*Note: Class skips July 3

Time: 1 p.m. - 1:30 p.m.

Location: 6200 Wheeler, Willow Waterhole Conference Room

**Days: Thursdays (June 13, June 20, June 27, July 11, July 18, July 25, August 1 and 8)**

\*Note: Class skips July 4

Time: 12:15 p.m. - 12:45 p.m.

Location: 2100 Travis, Conference Room 904

By participating in one of these options or completing a notarized Tobacco Usage Discount Form, you can remove the \$17.50 per participant per pay period Tobacco User charge. For questions or comments please call the Benefits Division at 832-393-6000.

Thank you,  
HR Benefits Division

