



Project Health

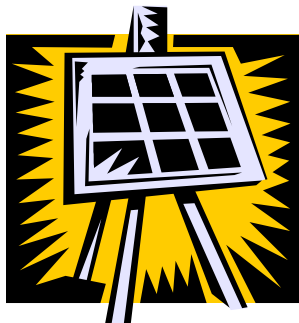
Supporting Healthy Workplaces

Impacting the Bottom Line and Employee Health: Helping Employees Quit Smoking

Thursday November 8, 2007
12 – 2 pm

Agenda

- 11:30 – noon Registration and Light Lunch; Viewing of displays
- 12:00 pm Welcome and Introduction of Speakers
Gretchen Sangster, Public Health Nurse, Project Health Lead
- 12:05 pm Speaker: **Barb Patten, RN, Clinical Tobacco Treatment Specialist**
Peel Public Health, Tobacco Prevention Program
- overview of smoking in workplace
 - motivational ideas to promote cessation in your workplace
 - overcoming workplace challenges
- 1:05 pm Speaker: **Monica Bennett, Senior Consultant, Smokers' Helpline**
- services and available resources
- 1:20 pm Group Discussion
- 1:45 pm Wrap Up
Feedback Form
Ballot Draw



Displays and Print Resources Available on the following topics:

- So You Want to Quit Smoking
- Second Hand Smoke
- Tobacco-Free Living
- Smoke-Free Ontario display
- Caring For Two (pregnancy and smoking)
- Raising a Healthy Child
- Smoker's Helpline (Canadian Cancer Society)