



Did you quit smoking? Are you tobacco-free after years of smoking?

If so, congratulations! Penrose-St. Francis Health Services is so proud of you and we want to honor you and your success being tobacco-free!

You have made a behavior change that incorporates a commitment to yourself and your health and saved many healthcare dollars along the way!

Come celebrate our 1 year anniversary of being a Tobacco Free Facility in collaboration with The Great American Smokeout!

8/8/08 PSF became tobacco free and we want to celebrate!

We want to honor ALL of you who have quit...whether you quit 6 months ago or you quit 30 years ago! All previous smokers are welcome.



WHEN:

Nov. 17 at SFMC/Conf Rms 1 & 2 from 11:30-12 p.m. & 12:15-12:45 p.m.

Nov. 19 at PH/Gala Room from 11:30-12 p.m. & 12:15-12:45 p.m.

-Be congratulated by members of the Senior Team

-Enjoy a healthy (but tasty) lunch on us to celebrate your success

-Hear inspiring stories from fellow co-workers who have quit since we went tobacco free

This is a case where QUITTERS DO WIN!

Did you know that the CDC estimates each smoker incurs \$1623 a year in excess medical expenditures?

<http://www.ctri.wisc.edu/Insurers/The%20Business%20Case%20for%20Insurance%20Coverage%20of.doc/>



In order to attend, you must RSVP by Nov. 10 to Brenda Pate

If you would like to come celebrate, please fill out, tear off, and return to Brenda Pate at the HLC/HRD. If you have questions please contact Brenda at 776-6406 ☺

Name: _____ Department: _____

Phone: _____

Number of years you smoked _____ Date you quit smoking _____

Best thing about being tobacco free _____

I will attend the following Tobacco Free Celebration Luncheon:

at SFMC Conf Rooms 1 & 2:

____ Tues, Nov 17, 11:30-12pm

____ Tues, Nov 17, 12:15-12:45pm

at PH/Gala Room:

____ Thurs, Nov 19, 11:30-12pm

____ Thurs, Nov 19, 12:15-12:45pm

