

PRINCE EDWARD ISLAND SMOKING CESSATION PROGRAM

WORKING TOGETHER, QUITTING TOGETHER

Are you thinking about quitting smoking
or using other tobacco products?

Are you ready to make a change?

If yes, the **Workplace Wellness initiative** is here to
help guide you through your quit journey!



WHAT IS THE WORKPLACE WELLNESS INITIATIVE?

This initiative is an extension of the PEI Smoking Cessation Program, which helps PEI residents who wish to stop smoking or using other tobacco products. If you are wanting to make a lifestyle change, you don't have to do it alone! Join this initiative with your colleagues and receive support from the Public Service Commission's Employee Wellness and Safety Department.

REGISTER TO RECEIVE:

- A 12-week quit smoking workbook with self-reflection activities & resources
- The opportunity to participate in weekly employee support initiatives beginning the week of May 16, 2022
- The opportunity to meet with a Registered Nurse at a local Primary Care Centre to review nicotine replacement therapy products or specific smoking cessation prescription medications and available coverage through the program.

TO REGISTER OR TO LEARN MORE:

Contact Sarah MacDonald, Employee Wellness & Safety Manager at sarahmacdonald@gov.pe.ca or 902-314-1258.



LIVE WELL PEI
together we can