

Quitter's Club

What is it?

An employee-run club

Purpose?

To support, encourage, and motivate everyone to quit smoking and remain smoke free

How does it work?

Team members support each other in being nonsmokers and work as a team by:

- Publicly acknowledging their dedication
- Signing a "Commit to Quit" poster
- Attending weekly Quitter's Club support meetings
- Promoting a smoke-free lifestyle
- Supporting a smoke-free workplace
- Creating Magic! with educational activities
- Making quitting FUN rather than a burden or chore

The Joy of Being a Quitter

Many people smoke because they attach joy to smoking and pain to quitting. The Quitter's Club members acknowledge there is pain in smoking and joy to quitting.

SMOKER'S PAIN

- Serious diseases
- Smoker's cough
- Smelly hair and clothes
- Yellow teeth and nails
- Money drain
- Premature aging
- Harming others with secondhand smoke

QUITTER'S JOY

- Better breathing
- Increased energy
- Pleasant personal aroma
- Better-tasting food
- More money
- Control over your body
- Improved environment



Be Nice
(or Else!)